

**Spiritual Communion** - you may care to use this Order as a separate devotion at any time, or to use it today, adding what follows below in the appropriate sections of that service.

This is what Bishop David (Diocese in Europe) says about the ancient practice of making a Spiritual Communion: "In the Christian Church, spiritual communion refers to a practice that is useful when the faithful, for some reason, perhaps illness, distance, or, as we are familiar with in our ecumenical life, the tragic disunity of the Church, prevents us from receiving the sacrament. St Thomas Aquinas defined spiritual communion as an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him. At this time of imposed eucharistic fasting, it may be helpful to you to remember the possibility of making a spiritual communion. There are many prayers from the tradition to help us, such as this classic from the great pastor, St Alphonsus Liguori:

*My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. **Amen.**"*

## **Spiritual Communion**

*For use when unable to attend a Celebration of the Eucharist.*

*If a household are praying together one person may act as leader and the others as the congregation and they join in the sections in bold type.*

*If alone read all the words aloud. You may want to light a candle before you begin, and have a bible, cross or crucifix to look at.*

The Lord is here. **The Spirit is with us.**

Almighty God, to whom all hearts are open,  
all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord.  
Amen.

*The following prayer may be used, or you may wish to pray the Collect of the Day*

Sovereign God, the defence of those who trust in you and the strength of those who suffer: look with mercy on our affliction and deliver us through our mighty Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

*The following short readings can be used, or one or more of the readings of the day*

### **First Reading - Revelation 3:20**

Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

### **Psalm - Psalm 62**

On God alone my soul in stillness waits; from him comes my salvation. He alone is my rock and my salvation, my stronghold, so that I shall never be shaken.

### **Gospel - John 15:5**

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

*Spend a few moments praying for the people you know and love, the needs of the world and for an end to the current Pandemic.*

### **The Lord's Prayer**

OUR Father, which art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation;

But deliver us from evil: For thine is the kingdom, The power, and the glory, For ever and ever. Amen.

### **Act of Contrition**

I love you, Jesus, my love above all things, and I repent with my whole heart of having offended you. Never permit me to separate myself from you again, grant that I may love you always, and then do with me what you will.

### **Act of Spiritual Reception**

In union, dear Father, with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life, I pray that you will unite me with all the baptised and with your Son who gave his life for us. Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

O LORD and heavenly Father, we your humble servants entirely desire your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and all your whole Church may obtain remission of our sins, and all other benefits of his passion.

**Amen.**

THE peace of God, which passes all understanding, keep our hearts and minds in the knowledge and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. **Amen.**

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### **An act of Spiritual Communion**

*When circumstances are such that we cannot share in the Eucharist in person, we can still make an Act of Spiritual Communion, in which we express our faith in Christ and His Presence in the Eucharist, and we ask Him to unite Himself with us.*

**Lord Jesus Christ,**

**You are the bread of life and the one true vine, I believe that you are truly present in the most holy Sacrament of the Eucharist. I seek you. I worship and adore you.**

**Since I cannot receive you in the eucharistic bread and wine,**

**I pray that you will come into my heart and soul, that I may be united to you,**

**by your all-powerful and ever-present Holy Spirit. Let me receive you, and be nourished by you.**

**Become for me the manna in my wilderness, the bread of angels for my very human journey through time, a foretaste of the heavenly banquet, and solace in the hour of my death.**

**I pray all this, trusting that you are our Life, our Peace, and our everlasting joy. Amen.**