

Spiritual Communion

Communion is the fullest expression of our participation in the Mass, but it is not always possible for everyone to be present at Mass or to receive the Sacrament (and we believe that offering of Mass is efficacious in itself). In present circumstances Mass will continue to be offered daily at All Saints, but it will have to be celebrated with only the priest making his communion, so it may be helpful to remember the possibility of making a Spiritual Communion.

Spiritual Communion has long been part of Catholic tradition. It was defined by St Thomas Aquinas as “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him”.

In the 1700's, S. Alphonsus Liguori wrote this prayer for spiritual communion when visiting a church where the Sacrament is reserved: "My Jesus, I believe you are really here in the Blessed Sacrament. I love you more than anything in the world, and I hunger to receive you. But since I cannot receive Communion at this moment, feed my soul at least spiritually. I unite myself to you now as I do when I actually receive you."

Like me, many of you will remember a form of Spiritual Communion suggested in the old Anglo-Catholic manuals for those who could not regularly attend Mass or receive Communion (in the diocese of Sydney that was most of us!). Below is a suggested form from a more recent source that you may like to use.

If anyone would prefer to have the form from the *English Catholic Prayer Book / Centenary Prayer Book* I will make it available.

At the end of this paragraph are links to resources for Daily Prayer from the Church of England Website; also for the Roman Catholic Daily Office and readings (including those for Mass) from *Universalis* (this is the free version; if you are prepared to pay the subscription you can find excellent aids to *Lectio Divina* and other fuller provisions there):

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

<https://universalis.com/>

SPIRITUAL COMMUNION

When unable to attend Mass



✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

OUR FATHER

Collect

Let the power of the Holy Spirit come upon me, O Lord, I beseech thee: that he may both mercifully cleanse my heart and defend me from all adversities. Through Christ our Lord. Amen.

The Epistle (Revelation 3:20)

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

The Gospel (St. John 15:5)

I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Take a moment to think of the failures of the past week: recall any sins you have committed since your last Communion and offer them to Christ.

Act of Contrition

O God, I am very sorry that I have sinned against thee who art so good. Forgive me for Jesus' sake, and I will try to sin no more.

Act of Reception

In union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee

sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

Come Lord Jesus, dwell in thy servant in the fulness of thy strength, in the perfection of thy ways, and in the holiness of thy spirit, and rule over every hostile power in the might of thy Spirit, and to the glory of thy Father. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

Act of Praise and Thanksgiving

✠ Blessed, praised, and adored be Jesus Christ on his throne of glory in Heaven, and in the most Holy Sacrament of the Altar. Amen.

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within thy wounds hide me;
Suffer me not to be separated from thee;
From the malicious enemy defend me;
In the hour of my death call me,
And bid me come to thee.
That with thy Saints I may praise thee
For ever and ever. Amen.

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.