



A SPIRITUAL COMMUNION SERVICE

Celebrated in the home

Catholics are encouraged to make a 'spiritual communion'. St John Paul II writes that "It is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of 'spiritual communion', which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life".

Saint Teresa of Jesus wrote, "When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you." (Ecclesia Eucharistia, no. 34)

Guidelines / Reminders

while participating in Spiritual Communion

- Prepare a table with appropriate cover, candles and crucifix or images of saints.
- Dress appropriately as if you are physically participating in the Holy Eucharist.
- Turn off your mobile phone and other devices and refrain from household chores.
- Put yourself in the presence of God and focus on the celebration.

Introduction

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: *Amen.*

Leader: We are gathered here to love, honour and worship our heavenly Father. Bearing in mind that the Word of the Lord is a lamp for our steps and a light for our path, let us unite in listening to the message of eternal life. Then with hearts gladdened and filled with hope by his holy word, we pray that the Lord in his merciful love will spiritually nourish us.

But first, let us spend a few moments in silence to repent of our sins, and also think of those with whom we should make our peace, those, whom we should forgive.

After a few moments of silence, all say the I confess

All: *I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, (strike breast) through my fault, through my fault, through my most grievous fault; therefore, I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.*

Liturgy of the Word

The readings of the given Sunday, are now proclaimed.

The readings are easily accessible on the internet from sites such as:

<https://www.catholicgallery.org/mass-reading/daily-mass-readings-2020/>

<https://universalis.com/readings.htm>

The family can engage in the sharing of the Word and reflect on the readings.

We then make a profession of faith by reciting the Apostles' Creed.

All: *I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.*

Next follows Prayers of Intercession where we pray for

- *the needs of the Church*
- *needs of the world*
- *those burdened in one way or another*
- *our local community*
- *the dead.*

Conclude by saying the Our Father.

An Act of Spiritual Communion by St. Alphonsus Liguori

All: *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.*

After a brief pause, together say:

The Anima Christi

All: *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 your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
that with your saints I may praise you for ever and ever. Amen.*

Concluding Prayer

All: *As we contemplate your presence
in our Lord Jesus Christ, your Son,
we pray, O God,
that you will protect us in these uncertain times,
and keep us close to You,
and strengthened in the faith we share.
Through Christ our Lord. Amen.*

Leader: *May Almighty God bless us, protect us from all evil and bring us to everlasting life. Amen
(all make the sign of the cross while saying together)*

All: *May we remain in the peace of Christ – In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*