

Act of Spiritual Communion

Those who make use of the dispensations mentioned above and would not be present at Mass on the weekend are encouraged to make an act of Spiritual Communion. This is a beautiful devotional practice in the Church and is a real source of grace in communion with our Lord. Some people who are in attendance at Mass may for their own reasons feel uncomfortable at this time receiving Holy Communion at Mass due to a fear of contamination. These are also encouraged to make an act of Spiritual Communion. Below is an example of a prayer for spiritual communion.

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.

During these difficult and trying times, let us keep one another in prayer and pray especially for those who are most vulnerable to this virus. Let us also remember those who have lost their lives to COVID-19 and their grieving families.

Placing our trust in Jesus, we will together make it through this time.