



COVID19 – 8 – 26 March 2020

### Spiritual Communion

This idea of “spiritual communion” has been an important part of our Catholic tradition over the centuries. While we have generally been used to receiving Communion at Mass we are now in a time when we cannot attend Mass because of CoVid19. We cannot fulfil our Christian duty to gather together for the Sunday Eucharist as God’s people, to celebrate the Resurrection, to fulfil our Sunday obligation.

Spiritual Communion is a way of praying to show how much we want to be united to Jesus Christ in the Holy Eucharist. This is already true of children who are preparing for their First Communion. Now we all need to pray in the same way until we are able to receive Communion once again.

If you are able to watch a live stream of the Mass then it becomes more obvious.

Here are three prayers you can say :

*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.*

*I wish, my Lord, to receive You with the purity, humility and devotion  
with which your Most Holy Mother received You,  
with the spirit and fervour of the saints.  
Come Lord Jesus. Give me, good Lord, a longing to be with You,  
give me warmth, delight and quickness in thinking upon You.  
And give me Your grace to long for Your holy sacraments,  
and specially to rejoice in the presence of Your very blessed Body,  
Sweet Saviour Christ, in the Holy Sacrament of the altar. (From St Thomas More)*

*My Jesus, I believe you are really present in the Most Blessed Sacrament. I love You above all things  
and I desire You in my soul. As I cannot receive you sacramentally now, at least come spiritually  
into my heart. As You have already come, I embrace You and unite myself wholly to You.  
Do not let me ever be separated from You. (from Pope Francis’ mass this morning)*

**Mores resource:** Go to the website of our national Liturgy Office [[liturgyoffice.org.uk](http://liturgyoffice.org.uk)]

for some very helpful resources such as :

- When Mass cannot be celebrated publicly
- Making it a retreat
- Prayer in time of sickness
- Prayer during a time of ‘flu and illness

### Don’t forget

- tomorrow Friday 5pm [UK time] – Pope Francis will celebrate a *Statio Orbis*, giving his blessing *Urbi et Orbi* [to the City and the World] because of the crisis [usually only given at Easter and Christmas]
- Sunday 29 March is the Rededication of England as the Dowry of Mary : materials were given in previous issues. Try and ensure we pray the Angelus in these days preparing for the event.