



COVID19 – 5 – 22 March 2020

Spiritual Communion

There are times when people are unable to receive the Body and Blood of Christ, through illness or due to their personal disposition. Even though some may not receive 'sacramental' Communion, all are united in some way by the Holy Spirit. The traditional idea of 'spiritual' Communion is an important one to remember and reaffirm. A deep spiritual communion is possible even when we do not share together the Sacrament of the Body and Blood of Christ. (cf. Celebrating the Mass 212)

My Jesus,

I believe that you are present in this Holy Sacrament of the altar.

I love you above all things

and I passionately desire to receive you into my soul.

Since I cannot now receive you sacramentally,

come spiritually into my soul

so that I may unite myself wholly to you now and forever.

Amen.

based on a prayer of St Alphonsus Liguori

see also: Prayer in time of sickness - Liturgy Office

<https://www.liturgyoffice.org.uk/Prayer/Responses/Sickness.shtml>

In Spiritual Communion, we express our fervent desire to receive our Lord in the Blessed Sacrament and to be united with Him. The Church teaches that if you are in a State of Grace and make a Spiritual Communion, you will receive the fruits of the Sacrament.

PRAYERS FOR SPIRITUAL COMMUNION

Soul of Christ, be my sanctification;

Body of Christ, be my salvation;

Blood of Christ, fill all my veins;

Water of Christ's side, wash out my stains;

Passion of Christ, my comfort be;

O good Jesus, listen to me;

In Thy wounds I fain would hide;

Ne'er to be parted from Thy side;

Guard me, should the foe assail me;

Call me when my life shall fail me;

Bid me come to Thee above,

With Thy saints to sing Thy love,

World without end. Amen.

(Anima Christi, attributed to Pope John XXII and translated by St John Henry Newman)

I wish, 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.

see London Oratory and many other websites