

Act of Spiritual Communion

Note: This Act of Spiritual Communion may only be used as part of a full sharing in the streamed celebration of the mass.

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

REGINA COELI

**Joy to thee, O Queen of heaven, Alleluia
He whom thou wast meet to bear, Alleluia
As he promised hath aris'n, Alleluia
Pour for us to God thy prayer, Alleluia**

Off't *Rejoice and be glad, O Virgin Mary, Alleluia (Alleluia).*
All: *For the Lord is risen indeed, Alleluia (Alleluia).*

Guidance on Spiritual Communion and Coronavirus

The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves. Making a Spiritual Communion fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost' (Canon B 15).

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.