

## 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

### ANGELUS

*Off't: The angel of the Lord brought tidings to Mary.*

*And she conceived by the Holy Ghost.*

**Hail Mary, full of grace, the Lord is with thee.**

**Blessed art thou among women,**

**and blessed is the fruit of thy womb, Jesus.**

**Holy Mary, Mother of God,**

**pray for us sinners now,**

**and at the hour of our death.**

*Off't: Behold, the handmaid of the Lord*

*All: Be it unto me according to thy word.*

*Hail Mary ....*

*Off't: And the Word was made flesh*

*All: And dwelt among us.*

*Hail Mary ....*

*Off't: Pray for us, O holy Mother of God.*

*All: That we may be made worthy of the promises of Christ.*

### The Gloria

*is said on Sundays (outside Advent and Lent) and on Holy Days*

Glory to God in the highest, and peace to his people on earth.

Lord God, heavenly King, almighty God and Father, we worship you, we give you thanks, we praise you for your glory.

Lord Jesus Christ, only Son of the Father, Lord God, Lamb of God, you take away the sin of the world: have mercy on us; you are seated at the right hand of the Father: receive our prayer.

For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.

### The Creed

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven; *was incarnate from the Holy Spirit and the Virgin Mary, and was made man.*

For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the Prophets.

We believe in One, Holy, Catholic and Apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the + resurrection of the dead, and the life of the world to come. Amen.

## 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'.

Heavenly Father, we hold up before you all who are affected by the Coronavirus pandemic:  
the sick, the anxious, the isolated, and the bereaved.  
We hold up before you all who care for those in need:  
the families, friends, and neighbours of those who are ill  
or vulnerable, and all who work in the healing  
professions.  
We hold up before you all who put their lives at risk to  
care for those who are ill.  
We hold up before you all who will work to provide  
our basic necessities and other essential services.  
We hold up before you all whose livelihoods have been  
put at risk.  
We hold up before you all who make and implement  
public policy.  
We hold up before you all who are working for a cure.  
Give us strength and courage  
and show us how best to care for those around us and  
for ourselves.  
Hasten the day when the sickness will pass.  
In this time of trouble, may your will be done.  
We ask all this in Jesus' name. Amen.