

**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

At the Saviour's command
and formed by divine teaching, we dare to say:

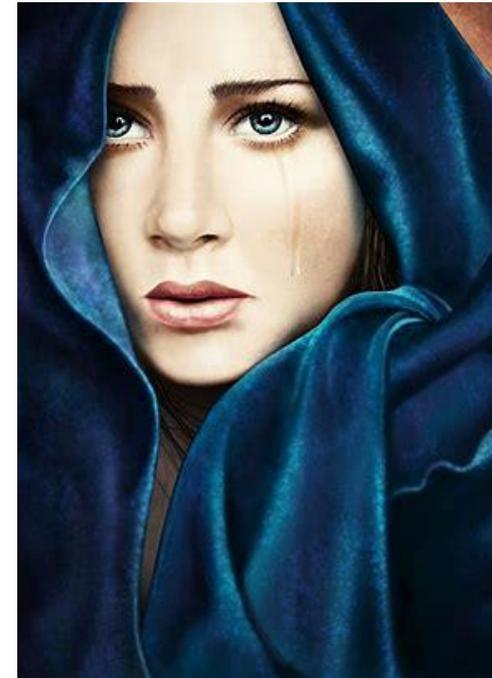
**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**



Concluding Prayer

Having received the Sacrament of eternal redemption, we humbly ask, O Lord, that, honouring how the Blessed Virgin Mary suffered with her Son, we may complete in our selves for the Church's sake what is lacking in the sufferings of Christ. Who lives and reigns for ever and ever. Amen

Spiritual Communion - Our Lady of Sorrows Tuesday 15 September 2020



Opening Prayer

O God, who willed that, when your Son was lifted high on the Cross, his Mother should stand close by and share his suffering, grant that your Church, participating with the Virgin Mary in the Passion of Christ, may merit a share in his Resurrection. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.



A reading from the first letter of St Paul to the Corinthians

12:12-14,27-31 .

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

Nor is the body to be identified with any one of its many parts. Now you together are Christ's body; but each of you is a different part of it. In the Church, God has given the first place to apostles, the second to prophets, the third to teachers; after them, miracles, and after them the gift of healing; helpers, good leaders, those with many languages. Are all of them apostles, or all of them prophets, or all of them teachers? Do they all have the gift of miracles, or all have the gift of healing? Do all speak strange languages, and all interpret them? Be ambitious for the higher gifts.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

**Happy is the Virgin Mary,
who, without dying,
won the palm of martyrdom
beneath the cross of the Lord.
Alleluia!**

A reading from the holy Gospel according to John

19:25-27

Near the cross of Jesus stood his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. Seeing his mother and the disciple he loved standing near her, Jesus said to his mother, 'Woman, this is your son.' Then to the disciple he said, 'This is your mother.' And from that moment the disciple made a place for her in his home.

The Gospel of the Lord

