

If watching the Mass online, we would encourage you to join in with the liturgy. At the point at which the clergy who are present receive holy communion you may wish to make an act of spiritual communion by using one of the following prayers:

***My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.***

***Or***

***Lord Jesus Christ, you are the bread of life and the one true vine. I believe that you are truly present in the Most Holy Sacrament of the Eucharist. I seek you. I worship and adore you. Since I cannot receive you in the eucharistic bread and wine, I pray that you will come into my heart and soul, that I may be united to you, by your all-powerful and ever-present Holy Spirit. Let me receive you, and be nourished by you. Become for me the manna in my wilderness, the bread of angels for my very human journey through time, a foretaste of the heavenly banquet, and solace in the hour of my death. I pray all this, trusting that you yourself are our Life, our Peace, and our everlasting Joy. Amen.***