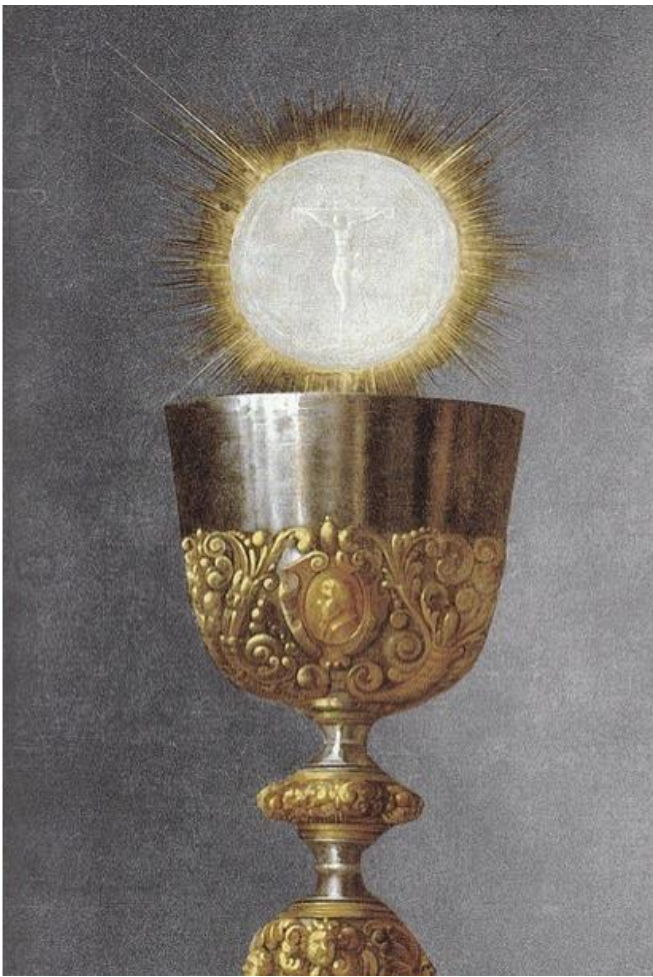


An Act of Spiritual Communion

When unable to receive Holy Communion, one can make a Spiritual Communion. This is an act expressing what was described by St. Thomas Aquinas as "an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him." In a Spiritual Communion we ask our Lord to come to us in the same way He would if we were able to receive the Sacrament:



Act of Spiritual Communion

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.