



**An Act of Spiritual Communion
and Prayers for General Use**

An Act of Spiritual Communion

Preparation

The tradition of the Church has been for people to make a Spiritual Communion when they are prevented from receiving Holy Communion. St Thomas Aquinas says in this we should have "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him". You can pray this prayer as often as you like, but most specifically at the time when you would normally be present at Mass.

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.

The Angelus

The Angelus is normally said at 9am, 12pm and 6pm.

V. The angel of the Lord brought tidings unto Mary.

R. *And she conceived by the Holy Spirit.*

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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. Amen.

V. Behold the handmaid of the Lord.

R. *Be it unto me according to thy word.*

Hail Mary. ***Holy Mary.***

V. And the Word was made flesh.

R. *And dwelt amongst us.*

Hail Mary. ***Holy Mary.***

V. Pray for us, O holy Mother of God.

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

Let us pray...

We beseech you, O Lord, pour your grace into our hearts; that as we have known the Incarnation of your Son, Jesus Christ, by the message of an angel, so by his Cross and Passion, we may be brought to the glory of his Resurrection; through the same Christ our Lord. Amen.

Regina Caeli

The Regina Caeli replaces the Angelus during Eastertide and is normally said at 9am, 12pm and 6pm.

Joy to thee, O Queen of Heaven, alleluia. He whom thou wast meet to bear, alleluia. As he promised, hath arisen, alleluia. Pour for us to him thy prayer, alleluia.

Rejoice and be glad, O Virgin Mary, alleluia.

For the Lord is risen indeed, alleluia. O God, by the Resurrection of your Son, our Lord Jesus Christ, you have brought joy to the whole world: grant that, by the help of his mother, the Virgin Mary, we may obtain the joys of everlasting life; through Christ the Lord. Amen

Prayers for those affected by the Coronavirus pandemic

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

God of healing and hope, in Jesus you meet us in our places of pain and fear. Look with mercy on those who have contracted the new virus, on any who are vulnerable, and on all who feel in danger. Through this time of global concern, by your Holy Spirit bring out the best not the

worst in us. Make us more aware of our interdependence on each other, and of the strength that comes from being one body in you. Through Christ our wounded healer. Amen.

A prayer for those in authority

Loving God, in Christ Jesus, the servant of all, you call us to the service of others. Grant to those who govern the community the skill to recognise its urgent needs and the strength to pursue the common good. Endow us all with patience and courage, that we may care for the suffering, feed the hungry, shelter the homeless, and sustain the needy. Through Christ our Lord. Amen.

Other prayers for use

Christ be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger.

Be present, Spirit of the living God, and renew us in our pain and grief, so that we, who are wearied by the changes and chances of this fleeting world, may rest upon your eternal changelessness. We ask this through Christ our Lord. Amen.

O Lord, support us all the day long of this troublous life, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then, Lord, in thy mercy, grant us a safe lodging, a holy rest, and peace at the last. Amen.

God of all care and compassion you take us through deep waters but never abandon us in the storm; we walk in the dark but you never leave us without light. Be with us in the night of our anxiety and in the day of our over-confidence so that we may keep faith with each other as you have kept faith with us in Jesus Christ our Lord. Amen.

Almighty God, Father of mercies, in his earthly life your Son Jesus Christ went about doing good, healing all manner of sickness and disease among the people: Comfort, heal and sanctify those who suffer in body, mind or spirit: Grant to all doctors and nurses, and to all who tend the sick, skill, sympathy and patience; bless all who labour to prevent suffering, make them instruments of your healing love, and continue through them your loving purposes among us, through the same Jesus Christ our Lord. Amen.

Praise be to you, Lord Jesus Christ, for all the gifts which you have given to me for all the pain and insults you

have borne for me. O most merciful redeemer, friend and brother, may I see you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

Be mindful, Lord of your people, for whose sake our Lord Jesus Christ, when betrayed, did not hesitate to yield himself into the hands of his enemies and undergo the suffering of the Cross: who lives and reigns with you in the unity of the Holy Spirit, God, world without end. Amen.

O God of unchangeable power and light eternal, look kindly upon the wonderful mystery of your Church, and by the tranquil operation of your perpetual providence, carry forward the work of human salvation: and let the whole world feel and see, the things which were being cast down are being raised up, and the things which had grown old are being made new, and all things are returning to perfection, through him in whom they have their source, even Jesus Christ our Lord. Amen