

Spiritual Communion via Live-Streamed or Televised Mass

Viewing a live-streamed, online, or televised Mass is an opportunity for all of us to remain connected to the Sacrifice of the Mass during this difficult time. The times which daily and Sunday Mass can be viewed can be found on the Diocesan website: www.doy.org under the Media tab or at www.watchtheMass.com from the CatholicTV Network offering daily Mass in English Sunday through Friday and in Spanish every Sunday.

Spiritual Communion

The Act of Spiritual Communion has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion, which is a source of grace. Spiritual Communion is an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace him at a time or in circumstances when one cannot receive Him in sacramental Communion. The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

Below are recommendations on how to make a 'spiritual communion' when unable to participate in Mass. These can be adapted based upon personal and family needs:

1. Gather with others in your household and begin a time of prayer with the sign of the cross.
2. Take time to read and reflect upon the readings from Sunday Mass. Scripture readings can be found at www.usccb.org. Additionally, a televised schedule of Mass is available at www.doy.org under Media tab.
3. Share prayer intentions quietly or aloud.
4. Pray the Lord's Prayer.
5. Offer a prayer for healing, strength, or forgiveness or any prayer available during the coronavirus pandemic. If viewing Mass, offer a prayer during the normal time of Communion.

PRAYER FOR 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 in 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.

PRAYER TO THE VIRGIN MARY FOR PROTECTION

O Mary, you shine continuously on our journey as
a sign of salvation and hope.
We entrust ourselves to you, health of the sick.
At the foot of the Cross you participated in Jesus' pain,
with steadfast faith.
You know what we need.
We are certain that you will provide, so that,
as you did at Cana of Galilee,
joy and feasting might return after this moment of trial.
Help us, Mother of Divine Love,
to conform ourselves to the Father's will
and to do what Jesus tells us:
He who took our sufferings upon Himself, and bore our sorrows to bring
us, through the Cross, to the joy of the Resurrection.
Amen.

6. Close with the sign of the cross.