

**Spiritual Communion via Televised
or On-Line Mass**

For those not attending Mass in person the Act of Spiritual Communion is made when circumstances prevent one from receiving Holy Communion at Mass. The way to make an Act of Spiritual Communion is listed below and 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. Watch Mass on television or on-line, or if unable, take time to read and reflect upon the readings from Sunday Mass. Scripture readings can be found at www.usccb.org. A schedule of televised 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.

6. Close with the sign of the cross.