



ST JAMES' CHURCH, RHOSDDU

An Act of Spiritual Communion

(for use during the Coronavirus crisis)

Guidance on Spiritual Communion and Coronavirus

The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ. The form of prayer in this booklet offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at the Eucharist.

The *Book of Common Prayer* (1662) instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink of the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves. Making a Spiritual Communion is particularly fitting for those who cannot receive the sacrament at the great feasts of the Church, and it fulfils the duty of receiving Holy Communion 'regularly, and especially at the festivals of Christmas, Easter and Whitsun or Pentecost' (Church of England Canon B 15).

The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, "I am the Bread of Life."

(adapted from an introduction by The Church of England)

<https://www.churchofengland.org/sites/default/files/2020-03/Guidance%20on%20Spiritual%20Communion%20and%20Coronavirus.pdf>

SPIRITUAL COMMUNION

when unable to attend a celebration of the Eucharist

*If a household are praying together one person may act as leader and the others as the congregation and they join in the sections in **bold** type. If alone read all the words aloud. You may want to light a candle before you begin, and have a Bible or cross to look at.*

The Lord is here. **His Spirit is with us.**

Heavenly Father all hearts are open to you.

No secrets are hidden from you.

**Purify us with the fire of your Holy Spirit
that we may love and worship you faithfully,
through Jesus Christ our Lord. Amen.**

The Collect and readings – see separate sheet for details.

Spend a few minutes praying for the people you know and love, the needs of the world and for an end to the current pandemic. You may find some of the prayers available on separate cards helpful.

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.**

Confession

**Lord God,
we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from our sin.
Renew a right spirit within us
and restore us to the joy of your salvation,
through Jesus Christ our Lord. Amen.**

Act of Spiritual Reception

**Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly, day by day. Amen.**

(after the prayer of St Richard of Chichester)

Lord and heavenly Father,
we your servants entirely desire your fatherly goodness mercifully
to accept this our sacrifice of praise and thanksgiving,
and to grant that,
by the merits and death of your Son Jesus Christ,
and through faith in his blood,
we and all your Church may receive forgiveness of our sins
and all other benefits of his passion. **Amen.**

A General Thanksgiving

**Almighty God, Father of all mercies,
we your unworthy servants
give you most humble and hearty thanks
for all your goodness and loving kindness.
We bless you for our creation, preservation, and
all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ,
for the means of grace, and for the hope of glory.
And give us, we pray, such a sense of all your mercies
that our hearts may be unfeignedly thankful,
and that we show forth your praise,
not only with our lips but in our lives,
by giving up ourselves to your service,
and by walking before you in holiness and
righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be all honour and glory,
for ever and ever. Amen.**

Conclusion:

The Lord bless us, and preserve us from all evil,
and keep us in eternal life. **Amen.**

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