**An Act of Spiritual Communion**

A hand holding an object in his hand

Description automatically generated

*If, for any reason of personal sickness, or because services are cancelled due to the spread of the Corona Virus, you are unable to get to church and attend The Eucharist and make your communion, you may find this simple and reflective Act of Spiritual Communion helpful.*

**Be quiet and be still**.

*Find a quiet corner of your home, make yourself comfortable. If you have an object of devotion like an icon, crucifix, rosary or an open bible place it in front of you, perhaps you might light a candle or tea light beside it. If music helps you to be calm and quiet, play some quiet music in the background.*

*Allow your attention to move from things outside and around you to the centre of your being. Imagine moving those worries and cares and distractions from your mind to your heart, and offer them to your heavenly Father’s care. Or, if you prefer, try holding your hands out, palms upwards and imagine placing your worries and all that troubles you into the palms of your open hands and raise them in offering to God.* ***Let God take them, and hold them for you****. And now focus on your breathing, your stillness. Take a few deep breaths in and out and centre yourself in silence, and stillness.*

*Whisper gently the words of the psalmist,* ‘Be still and know that I am God.’ Psalm 46.10. *Know yourself to be in the presence of the God who created you, and who loves you without limit.*

**Make the sign of the cross**

*Draw the cross slowly and carefully across your body, breathing deeply, and being aware of your breathing. Say the words slowly and prayerfully as you remind yourself of always being in the presence of the living God.*

**In the name of the + Father,**

**and of the Son and of the Holy Spirit. Amen**

**O God, come to my aid; O Lord make haste to help me.**

**Confession**

*Spend a moment reflecting on those things where you have failed to live as God would have you live, then say slowly and quietly:*

**Lord Jesus Christ, Son of the living God**

**Have mercy on me, a sinner.**

*Recall the words of Prodigal Son’s Father: “*Let us eat and celebrate; for this child of mine was dead and is alive again; was lost and is found!” *Allow your heavenly Father to enfold you in his love and grant you his forgiveness. Spend a moment to rest in that love, and to know that forgiveness.*

**Collect**

*Say the collect of the previous Sunday from your church pew sheet, or find it online if you have online access. If you don’t have the collect to hand, say the words of a familiar prayer, like The Grace.*

**Word**

*Read the gospel reading from the previous Sunday, then read it again more slowly and carefully. Allow the risen Jesus to speak his words to you, afresh today. Have a time of silence afterwards and allow those words to enter you more deeply. Ask yourself ‘What is Jesus saying to me...?’*

**Prayer**

*Spend some time thinking about the needs of the church, the world, the local community, your family and friends. Pray for all those working to prevent the spread of the Corona virus. Remember the sick and those caring for them, the dying and pray for those who have died. And finally pray for yourself, your family, your worries, your hopes and fears.*

*End with the words:* **Lord in your mercy, hear my prayer.**

**Lord’s Prayer**

*Say the Lord’s Prayer out loud, more slowly than in church! Allow its familiar words the time and space to draw out their full meaning.*

**Our Father…**

**Spiritual Communion**

*Having asked for God to give you your daily bread, imagine Our Lord offering you the bread of his body, and the wine of his blood. Imagine him being present with you to feed you with his risen life, to renew, refresh and sustain you, and say to Jesus:*

**Lord I am not worthy to receive you,**

**but only say the word, and I shall be healed.**

*Then make your act of Spiritual Communion with these words or words of your own:*

**My Jesus,**

**I believe that you are present**

**in the Sacrament of Holy Communion.**

**I love You above all things**

**and desire to receive You into my soul.**

**Since I cannot at this moment receive you sacramentally,**

**come spiritually into my heart,**

**and find a home prepared for you there.**

**I embrace You as if You were already there.**

**I unite myself wholly to You.**

**Never permit me to separate myself from You.**

**Grant that I may love you always,**

**and do with me what you will.**

**For I pray in your most holy name. Amen**

*As you imagine receiving the Bread of Heaven, be still and rest in the peace and love of God. In your own words thank Jesus for entering beneath the roof of your soul as you say the modern Anima Christi:*

**Jesus, may all that is in you flow into me.**

**May your body and blood be my food and drink.**

**May your passion and death be my strength and life.**

**Jesus, with you by my side enough has been given.**

**May the shelter I seek be the shadow of your cross.**

**Let me not run from the love which you offer.**

**But hold me safe from the forces of evil.**

**On each of my dyings shed your light and your love.**

**Keep calling to me until that day comes.**

**When with our saints, I may praise you forever. Amen**

*David Fleming SJ*

**Let us bless the Lord. + Thanks be to God**

**A prayer for the current Corona Virus outbreak.**

Loving God,  
source of healing and comfort,  
fill us with your grace,  
that the sick may be made whole,  
that those who care for us may be strengthened,  
that the anxious may be calmed,  
and those most vulnerable be protected in the power of Spirit  
and in the faith of Jesus Christ our Lord. Amen

*Very Reverend Andrew Nunn, Dean of Southwark, in the Church of England.*

**From Archdeacon Sue Pinnington**

The world now is too dangerous and too beautiful for anything but love.

May your eyes be so blessed to see God in everyone.

Your ears, so you hear the cry of the poor.

May your hands be so blessed

that everything you touch is a sacrament.

Your lips, so you speak nothing but he truth with love.

May your feet be so blessed you run to those who need you.

And your heart be so opened, so set on fire,

that your love, *your love,* changes everything.

*Very Reverend Brian Baker*