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## SPIRITUAL COMMUNION

### What is *Spiritual Communion*?

*Spiritual Communion* is a way to be united with Christ when we are not able to physically receive the Eucharist. St. Thomas Aquinas described it as "an ardent desire to receive Jesus in the Holy Sacrament, and a loving embrace as though we had already received Him." This was a practice very dear to the heart of St. Alphonsus Liguori, founder of the Redemptorists. In this time of

uncertainty, when we are encouraged to practice "social distancing," let's use St. Alphonsus' practice to be united in spirit and in prayer with one another and with Christ.

### How to make a *Spiritual Communion*:

- Start with the Sign of the Cross
- Read and reflect on the readings for the day (you can go to <https://readings.livingwithchrist.ca>) or watch one of the many televised Masses or the one that is livestreamed or recorded by your home parish.
- Have a real desire to be united with Christ.
- Acknowledge your sins and ask for forgiveness.
- Pray an *Act of Spiritual Communion*, such as this one by St. Alphonsus Liguori
  - **My Jesus, I believe that you are present in the most Blessed Sacrament.**  
**I love you above all things,**  
**and desire to receive you.**  
**Since I cannot, at this moment,**  
**receive you in the Sacrament,**  
**come spiritually into my heart.**  
**I embrace you, for You are already there,**  
**and unite myself totally to you. Amen.**  
**Never permit me to be separated from you. Amen.**
- Offer thanksgiving

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, Salvation of the Roman People,  
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.

We seek refuge under your protection,  
O Holy Mother of God.  
Do not despise our pleas  
- we who are put to the test -  
and deliver us from every danger,  
O glorious and blessed Virgin.

*Pope Francis'*  
prayer for protection during COVID-19

St. Michael the Archangel,  
defend us in battle;  
be our protection against the  
wickedness and snares of the devil.  
May God rebuke him,  
we humbly pray;  
And do thou,  
O Prince of the heavenly host,  
by the power of God,  
thrust into hell Satan  
and all the evil spirits  
who prowl about the world  
seeking the ruin of souls.  
AMEN.

<https://www.archtoronto.org/en/offices-and-ministries/sub-sites/stewardship/home/stewardship-prayer/>

# FIRST FRIDAY DEVOTION



**HOLY HOUR**  
**At**  
**Guardian Angels Parish**

**SALUTARIS**

**O Salutaris hostia,  
Quae caeli pandis ostium  
Della premunt hostilia  
Da robur, fer auxilium**

**Uni trinoque Domino,  
Sit sempiterna Gloria  
Qui vitam sine termino  
Nobis donet in patria**



**LEADER: HOLY HOUR OF REPARATION**

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*(Make an intention for the Holy Hour)*

**ALL:** O Sacrament most holy, O Sacrament divine!  
All praise and all thanksgiving be every moment Thine.

**LEADER: PRAYER TO THE HOLY SPIRIT**

**ALL:** Come, Holy Spirit, fill the hearts of Your faithful and kindle in them the fire of Your love. Send forth Your Spirit, and they shall be created, and You shall renew the face of the earth.

O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Spirit we may be truly wise, and ever rejoice in His consolation. Through the same Christ our Lord. Amen.

Heart of Jesus, I put my trust in Thee!

**LEADER: OFFERING OF THE HOLY HOUR**

**ALL:** My sweet Jesus, I desire to spend this Holy Hour with You, to console You, and to make some reparation by the love of my poor heart for the agony You did suffer in Gethsemani. In that lone hour You were forsaken, and the creatures that You did create to love you, loved You not. The weight of all our sins pressed on You, and mine as well, and for the sorrow which I caused You then by my sins, I will endeavor to repay You now by my love. Strengthen it, my Jesus, that it may in some small measure give you consolation. Sacred Heart of Jesus, strengthened in Your agony by an Angel, comfort us in our agony.



**LEADER: *PRAYER FOR MERCY FOR THE HOLY SOULS IN PURGATORY***

**ALL:** Have mercy, O Gentle Jesus on the souls detained in purgatory. You who for their ransom did take upon Yourself our human nature and suffer the most cruel death, pity their sighs and the tears shed when they raise their longing eyes toward You; and by virtue of Your Passion, cancel the penalty due to their sins. May Your Blood, O tender Jesus, Your Precious Blood descend into purgatory to solace and refresh those who there languish in captivity. Reach forth Your hand to them, and lead them into the realms of refreshment, light and peace. Amen.

Divine Heart of Jesus convert sinners, save the dying, set free the holy souls in purgatory.

**LEADER: *LITANY OF THE SACRED HEART OF JESUS***

Lord, have mercy on us

**ALL:** Christ, have mercy on us.

**LEADER:** Lord, have mercy on us. Christ hear us

**ALL:** Christ, graciously hear us

**LEADER:** God the Father of heaven

**ALL:** Have mercy on us

God the son, redeemer of the world...

have mercy on us

God the Holy Spirit...

Holy Trinity, One God...

Heart of Jesus, son of the eternal Father...

Heart of Jesus, formed by the Holy Spirit in the  
womb of the Virgin Mary...

Heart of Jesus, substantially united to the Word of  
God...

Heart of Jesus, of infinite majesty...

Heart of Jesus, Holy Temple of God...

Heart of Jesus, Tabernacle of the Most High...

Heart of Jesus, house of God and gate of heaven... have mercy on us

Heart of Jesus, burning furnace of charity...

Heart of Jesus, abode of justice and love...

Heart of Jesus, full of goodness and love...

Heart of Jesus, abyss of all virtues...

Heart of Jesus, most worthy of all praise...

Heart of Jesus, king and centre of all hearts...

Heart of Jesus, in whom are all the treasures of wisdom and knowledge...

Heart of Jesus, in whom dwells the fullness of divinity...

Heart of Jesus, in whom the Father was well pleased...

Heart of Jesus, of whose fullness we have all received...

Heart of Jesus, desire of the everlasting hills...

Heart of Jesus, patient and most merciful...

Heart of Jesus, enriching all who invoke you...

Heart of Jesus, fountain of life and holiness...

Heart of Jesus, propitiation for our sins...

Heart of Jesus, loaded down with reproaches...

Heart of Jesus, bruised for our offences...

Heart of Jesus, obedient unto death...

Heart of Jesus, pierced with a lance...

Heart of Jesus, source of all consolation...

Heart of Jesus, our life and resurrection...

Heart of Jesus, our peace and reconciliation...

Heart of Jesus, victim for sin...

Heart of Jesus, salvation of those who trust in you...

Heart of Jesus, hope of those who die in You...

Heart of Jesus, delight of all the saints...

**LEADER:** Lamb of God who takes away the sins of the world.

**ALL:** *Spare us, O Lord*

**LEADER:** Lamb of God who takes away the sins of the world.

**ALL:** *Graciously hear us, O Lord*

**LEADER:** Lamb of God who takes away the sins of the world.

**ALL:** *Have mercy on us*

**LEADER:** Jesus meek and humble of heart

**ALL:** *Make our hearts like unto Thine*

**LEADER:** Let us pray: O Almighty and eternal God, look upon the heart of your dearly beloved son, and upon the praise and satisfaction he offers you in the name of sinners, and for those who seek your mercy; Be appeased and grant us pardon in the name of the same Jesus Christ who lives and reigns with you, in the unity of the Holy Spirit, world without end.

**ALL:** Amen. Sacred Heart of Jesus, I believe in Your love for me.

**LEADER: CONSECRATION OF THE HUMAN RACE TO THE SACRED  
HEART OF JESUS**

**ALL:** Most sweet Jesus, Redeemer of the human race, look down upon us humbly prostrate before Thee. We are Yours and Yours we wish to be; but to be more surely united with You, behold each one of us who freely consecrates himself and herself today to Your Most Sacred Heart.

Many indeed have never known You; Many too, despising Your precepts, have rejected You. Have mercy on them all, most merciful Jesus, and draw them to Your Sacred Heart.

Be King, O Lord, not only of Your faithful who have never forsaken You, but also of the prodigal children who have abandoned You. Grant that they may quickly return to their Father's house lest they die of wretchedness and hunger.

Be King of those who are deceived by erroneous opinions or whom discord keeps aloof, and call them back to the harbor of truth and unity of faith, so that soon there may be but one flock and one Shepherd.

Grant, O Lord, to Your Church, assurance of freedom and immunity from harm; give peace and order to all nations, and make the earth resound, from pole to pole with one cry ; Praise to the Divine Heart that wrought our salvation, to it be glory and honour forever. Amen.

Sacred Heart of Jesus, Thy kingdom come.

## THE HOLY ROSARY

*The Apostles Creed*

*1 Our Father*

*3 Hail Mary*

*1 Glory be to the Father*

**LEADER: THE SORROWFUL MYSTERIES**

**The First Sorrowful Mystery – The Agony of Jesus in the Garden**



*"My soul is sorrowful unto death!"*

O Divine sadness of Jesus who saved the world and prepared for us the joys of paradise, heal all our sorrows, accept our sorrow for having so greatly offended the Lord our God!

1 Our Father

10 Hail Mary

1 Glory be to the Father



**LEADER: The Second Sorrowful Mystery – Jesus is Scourged at the Pilla**



*"My people, what have I done to you? Wherein have I offended you? Laden with my gifts you scourged me like the lease of slaves!"*

O Jesus, forgive the excess of impiety against the church, your mystic body!

- 1 Our Father
- 10 Hail Mary
- 1 Glory be to the Father

**LEADER: The Third Sorrowful Mystery – Jesus is Crowned with Thorns**



*"I am a worm and no man!"*

O Jesus, sated with outrages in this mystery, with what eloquence do you not show us that lifted up from earth, we ever return to it again! May this divine lesson subdue our pride.

- 1 Our Father
- 10 Hail Mary
- 1 Glory be to the Father

**LEADER: The Fourth Sorrowful Mystery – Jesus Carries His Cross**



*"They forced the Cyrenean to take up His cross."  
Each day, we also receive our crosses from your hand.*

O Jesus, grant that we may carry them, not by force but for love.

- 1 Our Father
- 10 Hail Mary
- 1 Glory be to the Father

**LEADER: The Fifth Sorrowful Mystery – Jesus Dies on the Cross**



*“Behold your mother!”*

I thank you, O my savior, for this admirable gift, this last will of your love. Grant that I may respond to it by a generous love toward your afflicted mother.

- 1 Our Father
- 10 Hail Mary
- 1 Glory be to the Father

**ALL:** Hail Holy Queen, Mother of Mercy, our life, our sweetness and our hope, to thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears; Turn, then, most gracious Advocate, Thy eyes of mercy toward us, and after this, our exile, show unto us the blessed fruit of Thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

**LEADER:** Pray for us, O Holy Mother of God.

**ALL:** That we may be made worthy of the promises of Christ

**LEADER:** Let us pray

**ALL:** O God, whose only begotten son, by His life, death and resurrection, has purchased for us the rewards of eternal salvation; grant, we beseech You, that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise through the same Christ our Lord. Amen.

Lord, I thank You, that You did die on the Cross for my sins.



**LEADER: *CLOSING PRAYERS FOR THE HOLY FATHER***

**ALL:** Most Sacred Heart of Jesus, pour in richest fullness Your blessings upon the Holy Church, the Pope, and all the clergy; grant perseverance to the just, conversion to sinners; enlighten the unbelievers; bless our relatives, friends and benefactors; assist the dying; deliver the souls in purgatory; and extend over all hearts the gentle dominion of Your love.

Lord Jesus, shelter our Holy Father the Pope under the protection of Your Sacred Heart. Be his light, his strength and his consolation.

**BENEDICTION HYMN**

**Tantum ergo sacramentum  
Veneremur cetui  
Et antiquum documentum  
Novo cedat ritui  
Praestet fides supplementum  
Sensuum defectui**

**Genitori Genitoque  
Laus et jubilatio  
Salus, honor, virtus quoque  
Sit et benedictio  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.**

**PRIEST:** You have given them bread from heaven

**ALL:** Containing in itself all sweetness

**PRIEST:** Let us pray: God, in this wonderful sacrament, you have left us a memorial of your passion. Grant that we may so reverence the sacred mysteries of your body and blood, that we may always enjoy within ourselves the fruit of your redemption, you who live and reign for ever and ever.

**ALL:** Amen

**PRIEST/** repeated by ALL

Blessed be God

Blessed be His Holy Name

Blessed be Jesus Christ, true God and true man

Blessed be the name of Jesus

Blessed be His Most Sacred Heart

Blessed be His most precious blood

Blessed be Jesus in the Most Holy Sacrament of the Altar

Blessed be the Holy Spirit, the Paraclete

Blessed be the great mother of God, Mary Most Holy

Blessed be her Holy and Immaculate Conception

Blessed be her Glorious Assumption

Blessed be the name of Mary, virgin and mother

Blessed be St. Joseph her most chaste spouse

Blessed be God in His angels and in His Saints

**Holy God, we praise Thy name  
Lord of all, we bow before Thee  
All on earth Thy scepter claim  
All in heaven above adore Thee  
Infinite Thy vast domain  
Everlasting is Thy reign**

**Hark, the loud celestial hymn  
Angel choirs above are raising  
Cherubim and Seraphim  
In unceasing chorus praising  
Fill the heavens with sweet accord  
HOLY, HOLY, HOLY LORD!**