



## 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