

# An Act of Spiritual Communion

## Explanatory note

We believe in one holy, catholic and apostolic Church  
*Nicene Creed*

The word *Catholic* means *universal*. We believe that we are not just part of the church community where we live, but we are united with the Church Universal throughout time and eternity and Christ is ever-present with us. This is essential to remember, most especially when we find ourselves separated from the physical presence of our sisters and brothers in Christ.

An Act of Spiritual Communion is intended for those who cannot receive the Holy Sacrament due to unusual circumstances. Whilst it is not intended to be used as common practice, neither is it make-believe: just as God is able to make himself present in the bread and wine, so he is able to make himself present in our hearts.

*Pray, therefore, that you may be knit together with Christ and his Church.*

You may wish to prepare for worship by lighting a candle, having a picture, a cross or some music playing before the service begins. It may be helpful to have a moment of silence before the service starts. Ensure you are comfortable and make the most of this time in your own household but sharing with other Christians.

## **The Greeting**

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

**Amen.**

The Lord is here.

**His Spirit is with us.**

## **Prayer of Preparation**

**Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord.  
Amen.**

## Prayers of Penitence

As we prepare to celebrate the presence of Christ,  
let us call to mind and confess our sins.

**Most merciful God, Father of our Lord Jesus Christ,  
we confess that we have sinned in thought, word and deed.  
We have not loved you with our whole heart.  
We have not loved our neighbours as ourselves.  
In your mercy forgive what we have been,  
help us to amend what we are,  
and direct what we shall be;  
that we may do justly, love mercy,  
and walk humbly with you, our God.  
Amen.**

Grant, we beseech you, merciful Lord, to your faithful people pardon and peace,  
that they may be cleansed from all their sins and serve you with a quiet mind;  
through Jesus Christ your Son our Lord, who is alive and reigns with you,  
in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

## The Collect

Let us pray  
*Silence is kept. The Collect is prayed.*  
**Amen.**

## The Liturgy of the Word

### The Gospel

*This, or the Gospel reading for the day may be used*

Hear the Gospel of our Lord Jesus Christ, according to *Luke*.  
**Glory to you, O Lord.**

As Jesus went, the crowds pressed in on him. Now there was a woman who had been suffering from haemorrhages for twelve years; and though she had spent all she had on physicians, no one could cure her. She came up behind him and touched the fringe of his clothes, and immediately her haemorrhage stopped. Then Jesus asked, 'Who touched me?' When all denied it, Peter said, 'Master, the crowds surround you and press in on you.' But Jesus said, 'Someone touched me; for I noticed that power had gone out from me.' When the woman saw that she could not remain hidden, she came trembling; and falling down before him, she declared in the presence of all the

people why she had touched him, and how she had been immediately healed. He said to her, 'Daughter, your faith has made you well; go in peace.'

This is the Gospel of the Lord.

**Praise to you, O Christ.**

### **The Prayers of Intercession**

*These and other prayers may be offered.*

Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. **Amen.**

*For those who are ill*

Merciful God, we entrust to your unfailing and tender care, those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold us safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. **Amen.**

*For hospital staff and medical researchers*

Gracious God, give skill, sympathy and resilience to all who are caring for the sick, and your wisdom to those searching for a cure. Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord. **Amen.**

*From one who is ill or isolated*

O God, help me to trust you, help me to know that you are with me, help me to believe that nothing can separate me from your love revealed in Jesus Christ our Lord. **Amen.**

*Prayers for when you cannot get to church*

Lord Jesus Christ, you said to your disciples, 'I am with you always'. Be with me today, as I offer myself to you. Hear my prayers for others and for myself, and keep me in your care. **Amen.**

### **The Liturgy of the Sacrament**

#### **The Peace**

Peace to this and your house from God our heavenly Father.

Peace to this and your house from his Son who is our peace.

Peace to this and your house from the Holy Spirit, the life-giver.

## **The Act of Spiritual Communion**

*Silence is kept.*

Almighty God,  
in union with the faithful at every altar of your Church,  
where your blessed body and blood are being offered to the Father,  
I desire to offer you praise and thanksgiving.  
I present to you my soul and body,  
with the earnest wish that I may ever be united to you.  
And since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
I unite myself to you,  
and embrace you with all the affections of my soul.  
Let nothing ever separate me from you.  
Let me live and die in your love.  
**Amen.**

Lord Jesus Christ,  
Grant, that as the hem of your garment,  
touched in faith, healed the woman  
who could not touch your body,  
so the soul of your servant may be healed by faith in you,  
whom I cannot now sacramentally receive;  
through your tender mercy,  
who lives and reigns  
with the Father in the unity of the Holy Spirit  
ever one God, world without end.  
**Amen.**

## **The Dismissal**

### **The Blessing**

May God the holy and undivided Trinity  
preserve us in body, mind and spirit,  
and bring us safe to that heavenly country  
where peace and harmony reign;  
and may the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among us and remain with us always.

**Amen.**