



A Service of Spiritual Communion



Guidance on Spiritual Communion and Coronavirus¹

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 below 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, on page 440 in its notes to the 'Ministry to those who are sick' states: "those who are incapable of receiving the sacrament are to be assured that, although not receiving the elements in the mouth, they are by faith partakers of the body and blood of Christ and of the benefits he conveys to us by them." 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'

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'.

In making a Spiritual Communion, you may wish to pray all or part of the following, as you are able.

¹This document is based substantially on a document produced by the Church of England. It has been adapted by the Diocesan Liturgical Officer, the Reverend John Ardis, for use in the Church of Ireland Diocese of Cork, Cloyne and Ross. The original authorship is acknowledged with gratitude.

An act of Spiritual Communion

You may wish to find a space for prayer in front of a cross, a candle, or a special place. You might choose to make your Spiritual Communion at a particular time of day, or after viewing a live streamed service.

Reflect on the day and on your relationships.

- *What good things have come from God today?*
- *Where have I fallen short?*
- *What might I do tomorrow?*

You may wish to say or pray

Lord, have mercy

Christ, have mercy

Lord, have mercy

Or

Almighty God, our heavenly Father,
we have sinned in thought and word and deed, and in what we have left undone.
We are truly sorry and we humbly repent.
For the sake of your Son, Jesus Christ,
have mercy on us and forgive us,
that we may walk in newness of life
to the glory of your name. Amen.

Read the following words from Scripture. If you have access to today's readings for Holy Communion, you may wish to read and reflect on them.

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

John 6.35

Pray for the needs of the world, for your local community, and for those close to you. End with the Lord's Prayer.

Our Father...

Lord, you stand at the door of my heart and knock.
You wait for me and only I can let you in.

I believe and trust in you and ask you now to fill me with presence.
Feed me with your body and unite me in your blood, that I may be your blessing to a world in need. Amen.

*Give thanks for the saving death and resurrection of Jesus
and ask him to be with you now.*

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 most 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

You might then add one or more of the following prayers:

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.

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.
Lord, in these days of mercy, make us quiet and prayerful;
in these days of challenge, make us stronger in you;
in these days of emptiness, take possession of us;
in these days of waiting, open our hearts to the mystery of your cross.
Angela Ashwin

Conclude with the following:

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