

Spiritual Communion in Your Heart

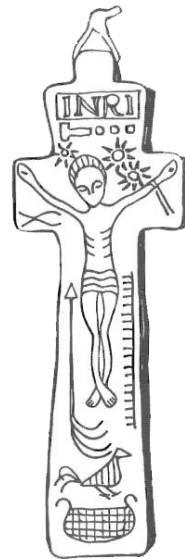
People can be reminded of the Catholic tradition of a spiritual communion in one's heart.

When we cannot attend Mass, we can still make an Act of Spiritual Communion, in which we express our faith in Christ and in His Presence in the Eucharist, and ask Him to unite Himself with us. The basic elements of an Act of Spiritual Communion are an Act of Faith; an Act of Love; a desire to receive Christ; and an invitation to Him to come into your heart. There are various popular prayers to accompany an Act of Spiritual Communion, e.g.:

**My Jesus,
I believe that you are present in the Most Holy Sacrament.
I love you above all things, and I desire to receive you into my soul.
Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there and unite myself wholly to you.
Never permit me to be separated from you.
Amen.**

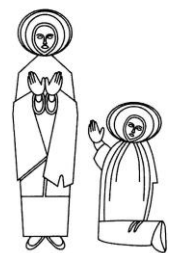
Extract from Saint Patrick's Breastplate

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.



Memorare

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to your protection,
implored your help, or sought your intercession was left unaided.
Inspired with this confidence,
I fly to you, O Virgin of virgins, my Mother.
To you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions, but in your mercy, hear and answer. Amen.



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