

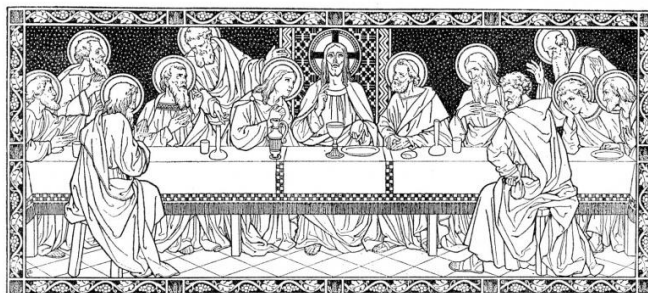
**Suggestion for priests offering Holy Mass without the faithful present and which will be streamed:**  
*After you have received the Precious Blood from the chalice and recited the Communion antiphon, (if applicable), you may encourage the faithful who are viewing the Mass to make a Spiritual Communion. The text below is made available through the kindness of the Archdiocese of New York and the Carmelite Monastery of Rochester.*

## **Explanation of the Act of Spiritual Communion**

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an *Act of Spiritual Communion*, which is a source of grace.

Spiritual Communion is “an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace Him” at a time or in circumstances when one cannot receive Him in sacramental Communion. (Saint Thomas Aquinas).

The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.



## **Prayer for Spiritual Communion**

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 in 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.