

## A Form for Spiritual Communion

For the Fourth Sunday in Lent

March 22, 2020

*This Form for Spiritual Communion is adapted from the one used by Oblates and Associates of the Order of Julian of Norwich. [www.orderofjulian.org](http://www.orderofjulian.org)*

*There are occasions when one is unable — because of some unavoidable exigency — to participate in the Holy Eucharist and/or to receive Holy Communion. Especially this may be true when there is no Eucharist offered locally on our Oblates' Days of Obligation. Further, one may wish to receive Holy Communion daily where no daily Eucharist is available. In all such situations, it is appropriate to make a "Spiritual Communion".*

*St Thomas Aquinas once defined Spiritual Communion as "an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing him as if we had actually received him."*

*St Teresa of Avila wrote: "When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you."*

*St Catherine of Siena was afraid that a Spiritual Communion was nothing compared to a Sacramental Communion. In a vision of our Lord she saw him hold up two chalices and say, "In this golden chalice I put your Sacramental Communion. In this silver chalice I put your Spiritual Communion. Both chalices are pleasing to me."*

*St Jean Vianney, the Curé d'Arns, wrote: "A spiritual communion acts on the soul as blowing does on a cinder-covered fire which was about to go out. Whenever you feel your love of God growing cold, quickly make a spiritual communion."*

Compose oneself in silence and devout openness to God. If you like, you can pray Julian's own prayer

*God, of your goodness, give me yourself;  
for you are enough to me,  
and I can ask nothing that is less than full honor to you.  
And if I ask anything that is less, ever  
shall I be in want, for only in you have I all. Amen.*

### The Penitential Order

Blessed be God: (+) Father, Son and Holy Spirit  
And blessed be his kingdom, now and for ever. Amen.

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. (1 John 1:8-9)

Most merciful God, I confess that I have sinned against you in thought, word, and deed, by what I have done, and by what I have left undone. I have not loved you with my whole heart; I have not loved my

neighbors as myself. I am truly sorry and I humbly repent. For the sake of your Son Jesus Christ, have mercy on me and forgive me; that I may delight in your will and walk in your ways, to the glory of your Name. Amen.

### ***Kyrie Eleison.***

*Kyrie Eleison*

Lord, have mercy

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Lord, have mercy

### **Collect of the Day - 4th Sunday in Lent**

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

### **Readings - 4th Sunday in Lent**

#### **Hebrew Scriptures - 1 Samuel 16:1-13**

The Lord said to Samuel, "How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons." Samuel said, "How can I go? If Saul hears of it, he will kill me." And the Lord said, "Take a heifer with you, and say, 'I have come to sacrifice to the Lord.' Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you." Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, "Do you come peaceably?" He said, "Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice." And he sanctified Jesse and his sons and invited them to the sacrifice.

When they came, he looked on Eliab and thought, "Surely the Lord's anointed is now before the Lord." But the Lord said to Samuel, "Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart." Then Jesse called Abinadab, and made him pass before Samuel. He said, "Neither has the Lord chosen this one." Then Jesse made Shammah pass by. And he said, "Neither has the Lord chosen this one." Jesse made seven of his sons pass before Samuel, and Samuel said to Jesse, "The Lord has not chosen any of these." Samuel said to Jesse, "Are all your sons here?" And he said, "There remains yet the youngest, but he is keeping the sheep." And Samuel said to Jesse, "Send and bring him; for we will not sit down until he comes here." He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, "Rise and anoint him; for this is the one." Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

## **Psalm 23**

1 The Lord is my shepherd; \* I shall not be in want.

2 He makes me lie down in green pastures \* and leads me beside still waters.

3 He revives my soul \* and guides me along right pathways for his Name's sake.

4 Though I walk through the valley of the shadow of death, I shall fear no evil; \* for you are with me; your rod and your staff, they comfort me.

5 You spread a table before me in the presence of those who trouble me; \* you have anointed my head with oil, and my cup is running over.

6 Surely your goodness and mercy shall follow me all the days of my life, \* and I will dwell in the house of the Lord for ever.

## **The Epistle - Ephesians 5:8-14**

Once you were darkness, but now in the Lord you are light. Live as children of light—for the fruit of the light is found in all that is good and right and true. Try to find out what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to mention what such people do secretly; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore it says,

“Sleeper, awake!

Rise from the dead,

and Christ will shine on you.”

## **The Gospel - John 9:1-41**

As Jesus walked along, he saw a man blind from birth. His disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “Neither this man nor his parents sinned; he was born blind so that God’s works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.” When he had said this, he spat on the ground and made mud with the saliva and spread the mud on the man’s eyes, saying to him, “Go, wash in the pool of Siloam” (which means Sent). Then he went and washed and came back able to see. The neighbors and those who had seen him before as a beggar began to ask, “Is this not the man who used to sit and beg?” Some were saying, “It is he.” Others were saying, “No, but it is someone like him.” He kept saying, “I am the man.” But they kept asking him, “Then how were your eyes opened?” He answered, “The man called Jesus made mud, spread it on my eyes, and said to me, ‘Go to Siloam and wash.’ Then I went and washed and received my sight.” They said to him, “Where is he?” He said, “I do not know.”

They brought to the Pharisees the man who had formerly been blind. Now it was a sabbath day when Jesus made the mud and opened his eyes. Then the Pharisees also began to ask him how he had received his sight. He said to them, “He put mud on my eyes. Then I washed, and now I see.” Some of the Pharisees said, “This man is not from God, for he does not observe the sabbath.” But others said, “How can a man who is a sinner perform such signs?” And they were divided. So they said again to the blind man, “What do you say about him? It was your eyes he opened.” He said, “He is a prophet.”

The Jews did not believe that he had been blind and had received his sight until they called the parents of the man who had received his sight and asked them, “Is this your son, who you say was born blind? How then does he now see?” His parents answered, “We know that this is our son, and that he was born blind; but we do not know how it is that now he sees, nor do we know who opened his eyes. Ask him; he is of age. He will speak for himself.” His parents said this because they were afraid of the Jews; for the Jews had already agreed that anyone who confessed Jesus to be the Messiah would be put out of the synagogue. Therefore his parents said, “He is of age; ask him.”

So for the second time they called the man who had been blind, and they said to him, “Give glory to God! We know that this man is a sinner.” He answered, “I do not know whether he is a sinner. One thing I do

know, that though I was blind, now I see.” They said to him, “What did he do to you? How did he open your eyes?” He answered them, “I have told you already, and you would not listen. Why do you want to hear it again? Do you also want to become his disciples?” Then they reviled him, saying, “You are his disciple, but we are disciples of Moses. We know that God has spoken to Moses, but as for this man, we do not know where he comes from.” The man answered, “Here is an astonishing thing! You do not know where he comes from, and yet he opened my eyes. We know that God does not listen to sinners, but he does listen to one who worships him and obeys his will. Never since the world began has it been heard that anyone opened the eyes of a person born blind. If this man were not from God, he could do nothing.” They answered him, “You were born entirely in sins, and are you trying to teach us?” And they drove him out.

Jesus heard that they had driven him out, and when he found him, he said, “Do you believe in the Son of Man?” He answered, “And who is he, sir? Tell me, so that I may believe in him.” Jesus said to him, “You have seen him, and the one speaking with you is he.” He said, “Lord, I believe.” And he worshiped him. Jesus said, “I came into this world for judgment so that those who do not see may see, and those who do see may become blind.” Some of the Pharisees near him heard this and said to him, “Surely we are not blind, are we?” Jesus said to them, “If you were blind, you would not have sin. But now that you say, ‘We see,’ your sin remains.”

## **The Nicene Creed**

I believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.

I believe in one Lord, Jesus Christ,  
the only Son of God  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God, begotten, not made  
of one Being with the Father.

Through him all things were made.

For us and for our salvation he came down from heaven:  
by the power of the Holy Spirit he became incarnate  
from the Virgin Mary, and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.  
On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead,  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son.

With the Father and the Son he is worshipped and glorified.  
He has spoken through the Prophets.

I believe in one holy catholic and apostolic Church.  
I acknowledge one baptism for the forgiveness of sins.  
I look for the resurrection of the dead,  
(+) and the life of the world to come. Amen.

### **Psalm 63**

- 1 O God, you are my God; eagerly I seek you; \*  
my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place\* that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; \* my lips shall give you praise.
- 4 So will I bless you as long as I live \* and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, \* and my mouth praises you with joyful lips.
- 6 When I remember you upon my bed, \*  
and meditate on you in the night watches.
- 7 For you have been my helper, \*  
and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; \*  
your right hand holds me fast.
- 9 May those who seek after my life to destroy it \*  
go down into the depths of the earth.
- 10 Let them fall upon the edge of the sword, \*  
and let them be food for jackals.
- 11 But the king will rejoice in God; all those who swear by him will be glad; \*  
for the mouth of those who speak lies shall be stopped.

### **The Lord's Prayer**

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done, on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins as we forgive those who sin against us.  
Save us from the time of trial and deliver us from evil.  
For the kingdom, the power, and the glory are yours,  
now and for ever. Amen.

## **Agnus Dei**

Lamb of God, you take away the sins of the world:

*have mercy on us.*

Lamb of God, you take away the sins of the world:

*have mercy on us.*

Lamb of God, you take away the sins of the world:

*grant us peace.*

## **The Communion Prayer**

In union, O Lord, with the faithful at every altar of your Church where the Holy Eucharist is now being celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you, and, since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself with you, and embrace you with all the love of my soul. Let nothing ever separate you from me. May I live in you, and may you live in me, both in this life and in the life to come. Amen.

## **A General Thanksgiving**

Almighty God, Father of all mercies,

I, your unworthy servant, give you humble thanks

for all your goodness and loving-kindness

to me and to all whom you have made.

I bless you for my creation, preservation,

and all the blessings of this life;

but above all for your immeasurable love

in the redemption of the world by our Lord Jesus Christ;

for the means of grace, and for the hope of glory.

And, I pray, give me such an awareness of your mercies,

that with a truly thankful heart I may show forth your praise,

not only with my lips, but in my life,

by giving up my self to your service, and by walking before you

in holiness and righteousness all my days;

through Jesus Christ my Lord,

to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

*There are also situations in which one may attend a Roman Catholic or Eastern Orthodox Eucharist without being able to receive Sacramental Communion. In such a situation, at Communion time one can recite the following:*

Jesus, I want to receive you in my heart and I cannot do it in the sacramental way.

Therefore, I ask you to come to me and fill me with your presence, your peace and your

love. Grant me, Lord, the graces I need most. Amen.