

## A Form for Spiritual Communion

For the Fifth Sunday in Lent

March 29, 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 - 5th Sunday in Lent**

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

**Readings - 5th Sunday in Lent**

**Hebrew Scriptures — Ezekiel 37:1-14**

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, "Mortal, can these bones live?" I answered, "O Lord God, you know." Then he said to me, "Prophesy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord."

So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, "Prophesy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live." I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

Then he said to me, "Mortal, these bones are the whole house of Israel. They say, 'Our bones are dried up, and our hope is lost; we are cut off completely.' Therefore prophesy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the Lord, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act," says the Lord.

### **The Response Psalm 130**

1 Out of the depths have I called to you, O Lord; Lord, hear my voice; \*  
let your ears consider well the voice of my supplication.

2 If you, Lord, were to note what is done amiss, \*  
O Lord, who could stand?

3 For there is forgiveness with you; \*  
therefore you shall be feared.

4 I wait for the Lord; my soul waits for him; \*  
in his word is my hope.

5 My soul waits for the Lord, more than watchmen for the morning, \*  
more than watchmen for the morning.

6 O Israel, wait for the Lord, \*  
for with the Lord there is mercy;

7 With him there is plenteous redemption, \*  
and he shall redeem Israel from all their sins.

### **The Epistle — Romans 8:6-11**

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

### **The Gospel — John 11:1-45**

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was.

Then after this he said to the disciples, "Let us go to Judea again." The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?" Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them." After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him." Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him. Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?" So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

## **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.