

# A Form for Spiritual Communion

## For the Feast of Pentecost

May 31, 2020

This Form for Spiritual Communion is adapted from the one used by Oblates and Associates of the Order of Julian of Norwich. To find out more, contact the Order: W704 Alft Road, White Lake, WI 54491-9715; (715) 882-2377; [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'Ars, 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."*

## The Rite

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 that can be 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.*

V. Alleluia, Christ is Risen!

R. The Lord is risen indeed! Alleluia!

### **The Gloria**

Glory to God in the highest,  
and peace to his people on earth.  
Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.  
Lord Jesus Christ, only Son of the Father,  
Lord, God, Lamb of God  
you take away the sin of the world:  
have mercy on us;  
you are seated at the right hand of the Father:  
receive our prayer.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ,  
with the Holy Spirit,  
(+) in the glory of God the Father.

Amen.

## **Collect of the Day - Pentecost**

O God, who on this day taught the hearts of your faithful people by sending to them the light of your Holy Spirit: Grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in his holy comfort; through Jesus Christ your Son our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. Amen.

## **The Readings**

### **The First Reading - Acts 2:1-11**

When the day of Pentecost had come, the disciples were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, "Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs-- in our own languages we hear them speaking about God's deeds of power."

## Psalm 104:25-32

- 25 O LORD, how manifold are your works! \*  
in wisdom you have made them all; the earth is full of your creatures.
- 26 Yonder is the great and wide sea  
with its living things too many to number, \*  
creatures both small and great.
- 27 There move the ships, and there is that Leviathan, \*  
which you have made for the sport of it.
- 28 All of them look to you \*  
to give them their food in due season.
- 29 You give it to them; they gather it; \*  
you open your hand, and they are filled with good things.
- 30 You hide your face, and they are terrified; \*  
you take away their breath, and they die and return to their dust.
- 31 You send forth your Spirit, and they are created; \*  
and so you renew the face of the earth.
- 32 May the glory of the LORD endure for ever; \*  
may the LORD rejoice in all his works.

### **The Epistle - 1 Corinthians 12:4-13**

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body-- Jews or Greeks, slaves or free-- and we were all made to drink of one Spirit.

### **The Gospel John 20:19-23**

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained."

## 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.

## Preparation for a Spiritual Communion

### 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.