

## A Form for Spiritual Communion

For Proper 7  
(4rd Sunday after Pentecost)

June 28, 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

### 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.

### 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 - Proper 8**

Almighty God, you have built your Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

## **The Readings**

### **The First Reading - Isaiah 2:10-17**

Enter into the rock, and hide in the dust  
from the terror of the LORD, and from the glory of his majesty.

The haughty eyes of people shall be brought low,  
and the pride of everyone shall be humbled;  
and the LORD alone will be exalted in that day.

For the LORD of hosts has a day  
against all that is proud and lofty,  
against all that is lifted up and high;  
against all the cedars of Lebanon,  
lofty and lifted up;  
and against all the oaks of Bashan;  
against all the high mountains,  
and against all the lofty hills;  
against every high tower,  
and against every fortified wall;  
against all the ships of Tarshish,  
and against all the beautiful craft.  
The haughtiness of people shall be humbled,  
and the pride of everyone shall be brought low;  
and the LORD alone will be exalted on that day.

### **Psalm 89:1-4,15-18**

1 Your love, O LORD, for ever will I sing; \*  
from age to age my mouth will proclaim your faithfulness.

2 For I am persuaded that your love is established for ever; \*  
you have set your faithfulness firmly in the heavens.

3 “I have made a covenant with my chosen one; \*  
I have sworn an oath to David my servant:

4 ‘I will establish your line for ever, \*  
and preserve your throne for all generations.’”

15 Happy are the people who know the festal shout! \*  
they walk, O LORD, in the light of your presence.

16 They rejoice daily in your Name; \*  
they are jubilant in your righteousness.

17 For you are the glory of their strength, \*  
and by your favor our might is exalted.

18 Truly, the LORD is our ruler; \*  
the Holy One of Israel is our King.

### **The Epistle - Romans 6:3-11**

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

## **The Gospel - Matthew 10:34-42**

Jesus said, “Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father,  
and a daughter against her mother,  
and a daughter-in-law against her mother-in-law;  
and one's foes will be members of one's own household.

“Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.

“Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple — truly I tell you, none of these will lose their reward.”

## **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.