

A Form for Spiritual Communion

For Proper 17
(13th Sunday after Pentecost)

August 30th, 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

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 17

Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; 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 - Jeremiah 15:15-21

O LORD, you know; remember me and visit me, and bring down retribution for me on my persecutors.

In your forbearance do not take me away; know that on your account I suffer insult.

Your words were found, and I ate them, and your words became to me a joy and the delight of my heart; for I am called by your name, O LORD, God of hosts.

I did not sit in the company of merrymakers, nor did I rejoice; under the weight of your hand I sat alone, for you had filled me with indignation.

Why is my pain unceasing, my wound incurable, refusing to be healed?

Truly, you are to me like a deceitful brook, like waters that fail.

Therefore thus says the LORD: If you turn back, I will take you back, and you shall stand before me. If you utter what is precious, and not what is worthless, you shall serve as my mouth. It is they who will turn to you, not you who will turn to them. And I will make you to this people a fortified wall of bronze; they will fight against you, but they shall not prevail over you, for I am with you to save you and deliver you, says the LORD. I will deliver you out of the hand of the wicked, and redeem you from the grasp of the ruthless.

The Epistle - Romans 12:1-8

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God-- what is good and acceptable and perfect.

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

The Gospel - Matthew 16:21-27

Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; for you are setting your mind not on divine things but on human things." Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? "For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done."

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.