

A Form for Spiritual Communion

For Proper 28
(24th Sunday after Pentecost)

November 15th, 2020

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.”

A prayer of intention.

Our purpose is to offer this act of Spiritual Communion, in union with the faithful at every altar of the Church where the Holy Eucharist is now being celebrated, to the praise and glory of almighty God, for our good and that of all God’s Holy Church. May joy and peace, amendment of life, room for true penitence, the grace and comfort of the Holy Spirit, and steadfastness in good works be granted us by the almighty and merciful Lord. Amen.

The Rite

In the name of the (+) Father and of the Son and of the Holy Spirit. Amen.

The Confession of Sin

V. Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourself. We are truly sorry and we humbly repent.

R. 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.

May the Almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit. Amen.

Kyrie

V. Lord, have mercy

R. Christ, have mercy

V. Lord, have mercy

Gloria

V. 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.

**R. 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.**

V. 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

Blessed Lord, who caused all holy Scriptures to be written for our learning:
Grant us so to hear them, read, mark, learn, and inwardly digest them, that we
may embrace and ever hold fast the blessed hope of everlasting life, which you
have given us in our Savior Jesus Christ; who lives and reigns with you and the
Holy Spirit, one God, for ever and ever. Amen.

The Readings

The First Reading - Zephaniah 1:7,12-18

Be silent before the Lord GOD!

For the day of the LORD is at hand;

the LORD has prepared a sacrifice, he has consecrated his guests.

At that time I will search Jerusalem with lamps,

and I will punish the people who rest complacently on their dregs,
those who say in their hearts,

"The LORD will not do good, nor will he do harm."

Their wealth shall be plundered, and their houses laid waste.

Though they build houses, they shall not inhabit them;

though they plant vineyards, they shall not drink wine from them.

The great day of the LORD is near, near and hastening fast;

the sound of the day of the LORD is bitter, the warrior cries aloud there.

That day will be a day of wrath, a day of distress and anguish,

a day of ruin and devastation, a day of darkness and gloom,

a day of clouds and thick darkness,

a day of trumpet blast and battle cry against the fortified cities

and against the lofty battlements.

I will bring such distress upon people that they shall walk like the blind;

because they have sinned against the LORD,

their blood shall be poured out like dust, and their flesh like dung.
Neither their silver nor their gold will be able to save them
on the day of the LORD's wrath;
in the fire of his passion the whole earth shall be consumed;
for a full, a terrible end he will make of all the inhabitants of the earth.

The Word of the Lord

The Epistle - 1 Thessalonians 5:1-10

Concerning the times and the seasons, brothers and sisters, you do not need to have anything written to you. For you yourselves know very well that the day of the Lord will come like a thief in the night. When they say, "There is peace and security," then sudden destruction will come upon them, as labor pains come upon a pregnant woman, and there will be no escape! But you, beloved, are not in darkness, for that day to surprise you like a thief; for you are all children of light and children of the day; we are not of the night or of darkness. So then let us not fall asleep as others do, but let us keep awake and be sober; for those who sleep sleep at night, and those who are drunk get drunk at night. But since we belong to the day, let us be sober, and put on the breastplate of faith and love, and for a helmet the hope of salvation. For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

The Word of the Lord

The Gospel - Matthew 25:14-15,19-29

V. Alleluia, alleluia

R. Alleluia, alleluia

V. The Holy Gospel of our Lord Jesus Christ according to Matthew

R. Glory to you, Lord Christ

Jesus said, "For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. After a long

time the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more talents, saying, 'Master, you handed over to me five talents; see, I have made five more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.' And the one with the two talents also came forward, saying, 'Master, you handed over to me two talents; see, I have made two more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.' Then the one who had received the one talent also came forward, saying, 'Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.' But his master replied, 'You wicked and lazy slave! You knew, did you, that I reap where I did not sow, and gather where I did not scatter? Then you ought to have invested my money with the bankers, and on my return I would have received what was my own with interest. So take the talent from him, and give it to the one with the ten talents. For to all those who have, more will be given, and they will have an abundance; but from those who have nothing, even what they have will be taken away.'"

V. The Gospel of the Lord

R. Praise to you, Lord Christ

The Nicene Creed

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

**R. 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.**

V. 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.

**R. 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.**

V. 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.

**R. 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

Preface

Let us pray: It is truly right to glorify you, Father, and to give you thanks; for you alone are God, living and true, dwelling in light inaccessible from before time and for ever.

Fountain of life and source of all goodness, you made all things and fill them with your blessing; you created them to rejoice in the splendor of your radiance. Countless throngs of angels stand before you to serve you night and day; and, beholding the glory of your presence, they offer you unceasing praise. Joining with them, and giving voice to every creature under heaven, we acclaim you, and glorify your Name, as we say

Sanctus

V. Holy, Holy, Holy Lord, God of power and might,
heaven and earth are full of your glory.

R. Hosanna in the highest.

V. Blessed is he who comes in the name of the Lord.

R. Hosanna in the highest.

O God, the King of saints, we praise and glorify your holy Name for all your servants who have finished their course in your faith and fear: for the blessed Virgin Mary; for the holy patriarchs, prophets, apostles, and martyrs; and for all your other righteous servants, known to us and unknown; and we pray that, encouraged by their examples, aided by their prayers, and strengthened by their fellowship, we also may be partakers of the inheritance of the saints in light; through the merits of your Son Jesus Christ our Lord. Amen.

Remember, Lord, your one holy catholic and apostolic Church, redeemed by the blood of your Christ. Reveal its unity, guard its faith, and preserve it in peace.

Remember Matthew our Bishop, Michael the Presiding Bishop, and all who minister in your Church.

Remember all your people, and those who seek your truth.

[Remember _____.]

Remember all who have died in the peace of Christ, and those whose faith is known to you alone; bring them into the place of eternal joy and light.

And grant that we may find our inheritance with the Blessed Virgin Mary, with patriarchs, prophets, apostles, and martyrs, (with _____) and all the saints who have found favor with you in ages past. We praise you in union with them and give you glory through your Son Jesus Christ our Lord.

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.

The Communion Prayer

My Jesus,
I believe that You are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.

A Concluding Prayer

O God our King,
by the resurrection of your Son Jesus Christ
on the first day of the week,
you conquered sin,
put death to flight,
and gave us the hope of everlasting life:
Redeem all our days by this victory;
forgive our sins, banish our fears,
make us bold to praise you and to do your will;
and steel us to wait
for the consummation of your kingdom
on the last great Day;
through the same Jesus Christ our Lord. Amen.

V. Let us bless the Lord

R. Thanks be to God