

## A Form for Spiritual Communion

### For the Second Sunday of Advent

December 6th, 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 us and forgive us; that we 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

### Collect of the Day -

Merciful God, who sent your messengers the prophets to preach repentance and prepare the way for our salvation: Give us grace to heed their warnings and forsake our sins, that we may greet with joy the coming of Jesus Christ our Redeemer; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## The Readings

### The First Reading - Isaiah 40:1-11

Comfort, O comfort my people, says your God.

Speak tenderly to Jerusalem, and cry to her that she has served her term,  
that her penalty is paid,

that she has received from the LORD's hand double for all her sins.

A voice cries out: "In the wilderness prepare the way of the LORD,  
make straight in the desert a highway for our God.

Every valley shall be lifted up, and every mountain and hill be made low;  
the uneven ground shall become level, and the rough places a plain.

Then the glory of the LORD shall be revealed,  
and all people shall see it together,

for the mouth of the LORD has spoken."

A voice says, "Cry out!" And I said, "What shall I cry?"

All people are grass, their constancy is like the flower of the field.

The grass withers, the flower fades,

when the breath of the LORD blows upon it;

surely the people are grass.

The grass withers, the flower fades;

but the word of our God will stand forever.

Get you up to a high mountain, O Zion, herald of good tidings;

lift up your voice with strength, O Jerusalem, herald of good tidings,

lift it up, do not fear;

say to the cities of Judah, "Here is your God!"

See, the Lord GOD comes with might, and his arm rules for him;

his reward is with him, and his recompense before him.

He will feed his flock like a shepherd;

he will gather the lambs in his arms,

and carry them in his bosom, and gently lead the mother sheep.

The Word of the Lord

## **The Epistle - 2 Peter 3:8-15a, 18**

Do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day. The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance. But the day of the Lord will come like a thief, and then the heavens will pass away with a loud noise, and the elements will be dissolved with fire, and the earth and everything that is done on it will be disclosed.

Since all these things are to be dissolved in this way, what sort of persons ought you to be in leading lives of holiness and godliness, waiting for and hastening the coming of the day of God, because of which the heavens will be set ablaze and dissolved, and the elements will melt with fire? But, in accordance with his promise, we wait for new heavens and a new earth, where righteousness is at home.

Therefore, beloved, while you are waiting for these things, strive to be found by him at peace, without spot or blemish; and regard the patience of our Lord as salvation.

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.

The Word of the Lord

## **The Gospel - Mark 1:1-8**

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

**R. Glory to you, Lord Christ**

The beginning of the good news of Jesus Christ, the Son of God.

As it is written in the prophet Isaiah,

“See, I am sending my messenger ahead of you, who will prepare your way;  
the voice of one crying out in the wilderness:

‘Prepare the way of the Lord, make his paths straight,’”

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, “The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit.”

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.

*Here are mentioned additional intentions, including from the parish, diocese, and Anglican Communion cycles of prayer.*

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**