

A Form for Spiritual Communion

For the Fifth Sunday after Epiphany

February 7, 2021

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

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

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

The Readings

The Epistle - 1 Corinthians 9:16-23

A Reading from St. Paul's First Letter to the Corinthians

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

The Word of the Lord

The Gospel - Mark 1:29-39

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

R. Glory to you, Lord Christ

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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 Breckan Michael, who will today be received into the Body of Christ through the sacrament of Holy Baptism, and his parents and Godparents.

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