

## Spiritual Communion

When unable to attend Mass, we encourage you to make an act of “spiritual communion,” especially on Sundays. Saint Thomas Aquinas defined spiritual communion as “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.” You can use the following prayer from Saint Alphonsus Liguori to make a spiritual communion:

*"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 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."*