



“In these times of uncertainty, we are assured that the Lord is present to us at ALL times. During this time with the practice of public Masses suspended, we can tune in on television/internet and make the following ‘Act of Spiritual Communion’ while viewing the Mass”

An Act of 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 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.