

Act of Spiritual Communion

An Act of Spiritual Communion is a long held tradition of the Catholic Church when physical attendance at Mass is not possible. The following is a prayer of Spiritual Communion that you are invited to say at the time of Holy Communion when participating in the celebration of Mass via webcam, television or radio:

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.