

Spiritual Communion

By making an Act of spiritual Communion, we express our faith in Christ's Real Presence in the eucharist and ask Him to unite himself with us.

Here is an Act of Spiritual communion written by St. Alphonsus de Liguori.

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.

Extract from Saint Patrick's Breastplate.

Christ with me,

Christ before me,

Christ behind me,

Christ in me,

Christ above me,

Christ on my right,

Christ on my left,

Christ when I lie down,

Christ when I sit down,

Christ when I arise,

Christ in the heart of everyone who thinks of me,

Christ in the mouth of everyone who speaks of me,

Christ in every eye that sees me,

Christ in every ear that hears me.

You are my hiding place O Lord

The Memorare

Remember, O most gracious Virgin Mary,
That never was it known that anyone who fled to your
protection,
Implored your help, or sought your intercession was left unaided.
Inspired with this confidence,
I fly to you, O Virgin of virgins, my Mother.
To you I come, before you I stand, sinful and sorrowful.
O Mother of the Word Incarnate,
Despise not my petitions, but in your mercy,
hear and answer them.
Amen.

Let us pray

As the Good shepherd you are searching for us to carry us in your
arms.
Jesus, our brother, you carried the cross surround us with your
protecting love.
Help us to find strength in you and in one another.
Amen.

Prayers for our Protection.

We ask for prayers for those affected by the Coronavirus.
Placing all our trust in the Lord, and asking Our Lady to
intercede for us, we invite everyone to pray these prayers.



Prayer of Trust.

Beloved Lord breathe calm in my mind
Peace in my heart
And silence in my soul.
In the silence let me hear your voice
In the peace let me see your face
In the calm let me know your love.
We pray for those who are suffering and for those who are
caring for them. Lord we ask for your protection. Amen.