

## An Act of Spiritual Communion

Bishop Athanasius Schneider reminds us:

*“In times of persecution, many Catholics were unable to receive Holy Communion in a sacramental way for long periods of time, but they made a Spiritual Communion with much spiritual benefit.”*

As Catholics, we are obligated to attend Mass every Sunday and holyday of obligation, but we are only obligated to receive Communion once a year—these are the precepts of the Church.

In times when receiving the Eucharist is not possible, Bishop Schneider suggests a prayer like one of the following:



*At Thy feet, O my Jesus, I prostrate myself,  
and I offer Thee the repentance of my contrite heart,  
which is humbled in its nothingness and in Thy holy presence.*

*I adore Thee in the Sacrament of Thy love, the ineffable Eucharist.  
I desire to receive Thee into the poor dwelling that my heart offers Thee.  
While waiting for the happiness of sacramental Communion,  
I wish to possess Thee in spirit.*

*Come to me, O my Jesus, since I, for my part, am coming to Thee!  
Thy love embraces my whole being in life and in death.  
I believe in Thee, I hope in Thee, I love Thee.*

*Amen.*



*My Jesus, I believe that thou art present in the Most Holy Sacrament.  
I love thee above all things, and I desire to receive thee in my soul.*

*Since I cannot at this moment receive thee sacramentally,  
come at least spiritually into my heart.  
I embrace thee as if thou wert already there,  
and unite myself wholly to thee.  
Never permit me to be separated from thee.*

*Amen.*

