

A Form for Spiritual Communion

for use by Oblates and Associates of the Order of Julian of Norwich

There are occasions when one is unable — because of some unavoidable exigency — to participate in the Holy Eucharist and/or to receive Holy Communion. Especially this may be true when there is no Eucharist offered locally on our Oblates' Days of Obligation. Further, one may wish to receive Holy Communion daily where no daily Eucharist is available. In all such situations, it is appropriate to make a "Spiritual Communion".

St Thomas Aquinas once defined Spiritual Communion as "an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing him as if we had actually received him."

St Teresa of Avila wrote: "When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you."

St Catherine of Siena was afraid that a Spiritual Communion was nothing compared to a Sacramental Communion. In a vision of our Lord she saw him hold up two chalices and say, "In this golden chalice I put your Sacramental Communion. In this silver chalice I put your Spiritual Communion. Both chalices are pleasing to me."

St Jean Vianney, the Curé d'Ars, wrote: "A spiritual communion acts on the soul as blowing does on a cinder-covered fire which was about to go out. Whenever you feel your love of God growing cold, quickly make a spiritual communion."

Compose oneself in silence and devout openness to God.

The Penitential Order

Blessed be God: (+) Father, Son and Holy Spirit
And blessed be his kingdom, now and for ever. Amen.

If we say that we have no sin, we deceive ourselves, and the truth is not in us. But if we confess our sins, God, who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. (1 John 1:8-9)

Most merciful God, I confess that I have sinned against you in thought, word, and deed, by what I have done, and by what I have left undone. I have not loved you with my whole heart; I have not loved my neighbors as myself. I am truly sorry and I humbly repent. For the sake of your Son Jesus Christ, have mercy on me and forgive me; that I may delight in your will and walk in your ways, to the glory of your Name. Amen.

The *Gloria* or (in a penitential time) *Kyrie Eleison*.

Gloria

Gory to God in the highest,
and peace to his people on earth.
Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord, God, Lamb of God
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
(+) in the glory of God the Father.
Amen.

Kyrie Eleison

Lord, have mercy

Lord, have mercy

Lord, have mercy

Christ, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Lord, have mercy

Read the Collect, OT Reading, Psalm, Epistle, & Gospel appointed for the day (in the OJN Ordo Kalendar or the BCP Lectionary, *Lesser Feasts and Fasts*, or *Holy Women, Holy Men*.)

If the exact Collect for a specific saint is not available, use an appropriate Collect from "The Common of Saints" (BCP pp. 246-250), or, if nothing appropriate is available, use Mother Julian's own prayer:

*God, of your goodness, give me yourself;
for you are enough to me,
and I can ask nothing that is less than full honor to you.
And if I ask anything that is less, ever
shall I be in want, for only in you have I all. Amen.*

The Nicene Creed

I believe in one God,
the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.

I believe in one Lord, Jesus Christ,
the only Son of God
eternally begotten of the Father,
God from God, Light from Light,
true God from true God, begotten, not made
of one Being with the Father.

Through him all things were made.

For us and for our salvation he came down from heaven:
by the power of the Holy Spirit he became incarnate
from the Virgin Mary, and was made man.

For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.

On the third day he rose again
in accordance with the Scriptures;

he ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the
dead,
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son.

With the Father and the Son he is worshipped and
glorified.

He has spoken through the Prophets.

I believe in one holy catholic and apostolic Church.

I acknowledge one baptism for the forgiveness of sins.

I look for the resurrection of the dead,
(+) and the life of the world to come. Amen.

Psalm 63

- 1 O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you, as in a
barren and dry land where there is no water.
- 2 Therefore I have gazed upon you in your holy place* that I
might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; * my lips
shall give you praise.

- 4 So will I bless you as long as I live * and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, * and my mouth praises you with joyful lips.
- 6 When I remember you upon my bed, * and meditate on you in the night watches.
- 7 For you have been my helper, * and under the shadow of your wings I will rejoice.
- 8 My soul clings to you; * your right hand holds me fast.
- 9 May those who seek after my life to destroy it * go down into the depths of the earth.
- 10 Let them fall upon the edge of the sword, * and let them be food for jackals.
- 11 But the king will rejoice in God; all those who swear by him will be glad; * for the mouth of those who speak lies shall be stopped.

The Lord's Prayer

Our Father in heaven,
hallowed be your Name,
your kingdom come,
your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Save us from the time of trial and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and for ever. Amen.

Agnus Dei

Lamb of God, you take away the sins of the world:
have mercy on us.

Lamb of God, you take away the sins of the world:
have mercy on us.

Lamb of God, you take away the sins of the world:
grant us peace.

The Communion Prayer

In union, O Lord, with the faithful at every altar of your Church where the Holy Eucharist is now being celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you, and, since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself with you, and embrace you with all the love of my soul. Let nothing ever separate you from me. May I live in you, and may you live in me, both in this life and in the life to come. Amen.

A General Thanksgiving

Almighty God, Father of all mercies,
I, your unworthy servant, give you humble thanks
for all your goodness and loving-kindness
to me and to all whom you have made.
I bless you for my creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, I pray, give me such an awareness of your mercies,
that with a truly thankful heart I may show forth your praise,
not only with my lips, but in my life,
by giving up my self to your service, and by walking before you
in holiness and righteousness all my days;

through Jesus Christ my Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

There are also situations in which one may attend a Roman Catholic or Eastern Orthodox Eucharist without being able to receive Sacramental Communion. In such a situation, at Communion time one can recite the following:

Jesus, I want to receive you in my heart and I cannot do it in the sacramental way. Therefore, I ask you to come to me and fill me with your presence, your peace and your love. Grant me, Lord, the graces I need most. Amen.

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