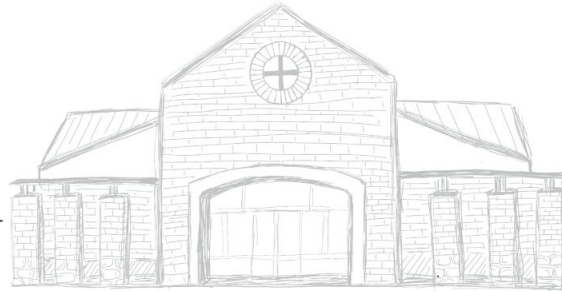


Spiritual Communion



Dear Jesus, I believe that you are truly present in the Most Blessed Sacrament of the Altar. I Adore and Love you and I ardently desire to receive you Sacramentally, but since this is not possible, I beg of you, to come spiritually into my heart. I embrace you, as being already there, and I unite myself with you, never, never permit me to be separated from you. Grant that I may love you always and grant me the Grace, to do thy most Holy Will.

Amen

