



Year of the Eucharist

St. Peter Parish

Faith Fact 4

During this difficult time when churches are closed and Holy Mass attendance is prohibited, people are talking about making a Daily Spiritual Communion. What is that?

Spiritual Communion *Fr. Francis Fernandez*

We can reduce all the conditions for receiving sacramental Communion fruitfully to just one - that is *hunger for the Holy Eucharist*. Nothing should be allowed to take the place of this hunger and thirst for Christ.

This intense desire to receive Communion - a sure sign of faith and love - will lead us to make many *Spiritual Communions*: we can make them before receiving Him sacramentally and throughout the day, whether we are outside, or in at our work or whatever we are engaged in. *A Spiritual Communion consists of an ardent desire to receive Jesus in the Holy Sacrament, and a loving embrace as though we had already received Him.*

A Spiritual Communion can be made without anyone noticing us, without our having to fast, and it can be made at any time. *It consists of an act of love. It is enough to say with all our heart:*

*I believe, my Jesus, that you are in the Blessed Sacrament;
I love you and I very much want to receive you,
For you to come into my heart;
I embrace you; do not leave me.*

Let us turn to our Guardian Angel today and ask him to remind us frequently of the presence of Christ close to us in the tabernacles of the city or the town where we live or which we happen to be passing through. Let us ask him to obtain for us abundant grace so that day by day our desires to receive Jesus may increase, and that particularly during those moments when Christ remains sacramentally in our heart our love may grow ever greater.

Like the sick woman who pressed the crowds to touch the hem of Jesus' garment, we too need to have contact with Christ each day, because we are full of weakness and infirmity. It is when we receive him in sacramental Communion that this encounter with Jesus, hidden in the sacramental species, takes place. We receive such a store of good things in each Communion that Our Lord can look on us and say to us *I perceive that power has gone out from me*. We receive a torrent of grace that inundates us with joy, gives us the firmness we need to carry on, and causes the very angels to be amazed.