

Communion Prayer

When unable to receive the Holy Eucharist

With masses being cancelled around the world due to the COVID 19 virus pandemic, Pope Francis is urging people who are being shut out from the Eucharist to participate in the centuries old practice of "Spiritual Communion".

The idea of Spiritual Communion - inviting Jesus into one's heart and soul when receiving the actual Sacrament is not possible - is part of Catholic tradition. It's been mentioned in Church documents over the centuries and as recently as 2007 by Pope Benedict XVI.

In the 1700's, St. Alphonsus Liguori wrote a special prayer for Spiritual Communion that he encouraged the Faithful to pray at times when receiving the Eucharist was not possible. It is as follows:.....

"My Jesus, I believe You are really here in the Blessed Sacrament.

I love You more than anything in the world, and I hunger to receive You.

But since I cannot receive Communion at this moment, feed my soul at least Spiritually.

I unite myself to you now as I do when I actually receive You. "