

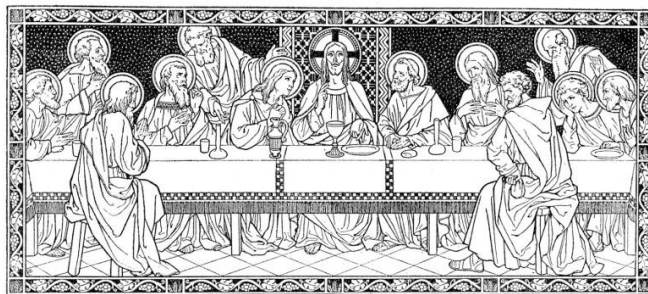
*The text below is made available through the kindness of the Archdiocese of New York
and the Carmelite Monastery of Rochester.*

Explanation of the Act of Spiritual Communion

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an *Act of Spiritual Communion*, which is a source of grace.

Spiritual Communion is “an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace Him” at a time or in circumstances when one cannot receive Him in sacramental Communion. (Saint Thomas Aquinas).

The most common reason for making an *Act of Spiritual Communion* is when a person cannot attend Mass. *Acts of Spiritual Communion* increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.



Prayer for Spiritual Communion

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things and I desire to receive You in my soul.

Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.

I embrace You as if you were already there
and unite myself wholly to You.

Never permit me to be separated from You. Amen.