



Can't Get To Holy Communion?

Spiritual Communion taken from “A New Zealand Prayer Book / He Karakia Mihinare o Aotearoa” and “St. Augustine’s Prayer Book The Book of Common Prayer” reminds us that if one is unable to actually consume the consecrated bread and wine due to unforeseen circumstances, the desire is enough for God to grant all the benefits of communion.

So, when being present at a celebration of the Eucharist is absolutely impossible, this act of prayer, silence and reflection can provide the means by which you can associate yourself with the Eucharistic Action and open yourself to God’s grace and blessing.

[Start Here:](#)

Blessed be God, Father, Son, and Holy Spirit. And blessed be His kingdom, now and for ever. Amen.

Let the power of the Holy Spirit come upon me, O Lord, to mercifully cleanse my heart and defend me from all adversities; through Jesus Christ our Lord. Amen.

[From Holy Scripture :](#)

Behold, I stand at the door and knock. If you hear my voice and open the door I will come in to you and eat with you and you with me. (Revelation 3:20)

The Psalm :

You prepare a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over. Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord forever. (Psalm 23:5-6)

The Gospel :

I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me, you can do nothing. (John 15:5) *<pause for silent reflection>*

The Apostles' Creed :

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
is seated at the right hand of the Father,
and will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

Prayers :

In your own words, pray for your own needs, for those on your heart, for the peace of the world, and for the Church.

After offering your intercessions, continue with this

Act of Contrition :

I need your healing, merciful God: give me true repentance. Some sins are plain to me; some escape me, some I cannot face. Forgive me; set me free to hear your word to me; set me free to serve you. *<pause for silent reflection>*

Act of Reception :

In union, blessed Jesus, with the faithful gathered at every altar of your Church where your Body and Blood are offered this day, and remembering particularly my own parish and those worshipping there, I long to offer praise and thanksgiving, for creation and all the blessings of this life, for the redemption won for us by your life, death, and resurrection, for the means of grace and the hope of glory.

And particularly for the blessings given me - I know that I feel you are truly present in the Holy Sacrament and, since I cannot at this time receive communion, I pray you to come into my heart.

I unite myself with you and embrace you with all my heart, my soul, and my mind. Let nothing separate me from you; let me serve you in this life until, by your grace, I come to your glorious kingdom and unending peace. Amen.

The Lord's Prayer (using EITHER of the forms below):

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.

E tō mātou Matua i te rangi
 Kia tapu tōu Ingoa.
 Kia tae mai tōu rangatiratanga.
 Kia meatia tāu e pai ai
 ki runga ki te whenua,
 kia rite anō ki tō te rangi.
Hōmai ki a mātou āiane
 he taro mā mātou mō tēnei rā.
Murua ō mātou hara,
 Me mātou hoki e muru nei
 i ō te hunga e hara ana ki a mātou.
Aua hoki mātou e kawea kia whakawaia;
 Engari whakaorangia mātou i te kino:
Nōu hoki te rangatiratanga, te kaha,
 me te korōria,
 Āke ake ake. Āmine.

<pause for silent reflection>

A Final Prayer

Through Christ, and with all your saints,
I offer myself
and my life to your service.
Send me out in the power of your Spirit,
to stand with you in your world.
I ask this through Jesus Christ, the servant,
my friend and brother. Amen.

Blessing

And may the peace of God, which passes all understanding, keep my heart and mind in the knowledge and love of God, and of his Son Jesus Christ my Lord; and the blessing of God Almighty, the Father, the Son, and Holy Spirit, be with me now and always. Amen



"Within our darkest night you kindle a flame that never dies away"