



An Act of Spiritual Communion

The following act of spiritual communion is made available because at present we cannot gather together in church to worship.

The church has from earliest times used the term 'Spiritual Communion' describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.

Remember always, that we are never truly alone. Not only is God present with us, but that in the prayer and worship we offer, even when physically alone, the saints and angels are present spiritually with us.

The Eucharist will be celebrated at 10am on Sunday. Joining in this short service will unite us all spiritually with this celebration.

First settle yourself quietly without distractions. Turn the phone and TV off. You might want to play quiet, reflective music in the background. You may want to light a candle as a focus. You could even set up a 'prayer corner' with religious images, statues, or candles.

Be still and know that God is with you.

Welcome –: [click here](#)

**In the name of the Father
and of the Son
and of the Holy Spirit.
Amen.**

Now call to mind your sins and make this act of contrition:

**Lord Jesus Christ,
Son of the living God,
have mercy on me, a sinner.**

Ask God for his forgiveness:

**May the Lord in all his mercy,
grant me forgiveness of my sins,
deliver me from evil,
and bring me to the joy of eternal life.
Amen.**

At this point read the Opening Prayer (Collect) for the day:

**Most merciful God,
who by the death and resurrection
of your Son Jesus Christ delivered and saved the world:**

grant that by faith in him who suffered on the cross we may triumph in the power of his victory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen.**

Now read the **Gospel** on readings sheet or: [click here](#)

Homily: [find it here](#)

The Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his 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,
he is seated at the right hand of the Father,
and he will come 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 of Intercession

We pray for:

- The Church and Nation (especially members of the Government who are sick)
- The World especially world leaders that they may make the right decisions
- The Parish, our family and friends and anyone we are particularly concerned for, and for Linkline.
- Hard pressed hospital staff and pharmacists and all who are fighting the spread of Coronavirus
- All who are sick, lonely and worried
- The departed, especially those who have died from Covid-19
- Yourself and your own needs

The Eucharistic Prayer: [find it here](#)

The Lord be with you

And also with you

Lift up your hearts

We lift them to the Lord

Let us give thanks to the Lord our God

It is right to give thanks and praise

It is indeed right and good

to give you thanks and praise,

almighty God and everlasting Father,

through Jesus Christ your Son.

For in these forty days

you lead us into the desert of repentance

that through a pilgrimage of prayer and discipline

we may grow in grace

and learn to be your people once again.

Through fasting, prayer and acts of service

you bring us back to your generous heart.

Through study of your holy word

you open our eyes to your presence in the world

and free our hands to welcome others

into the radiant splendour of your love.

As we prepare to celebrate the Easter feast

with joyful hearts and minds

we bless you for your mercy and join with saints and angels

for ever praising you and *saying*:

Holy, holy, holy Lord,

God of power and might,

heaven and earth are full of your glory.

Hosanna in the highest;

Blessed is he,

who comes in the name of the Lord.

Hosanna in the highest.

Accept our praises, heavenly Father,
through your Son our Saviour Jesus Christ,
and as we follow his example and obey his command,
grant that by the power of your Holy Spirit
these gifts of bread and wine
may be to us his body and his blood;

who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:
Take, eat; this is my body which is given for you;
do this in remembrance of me.
In the same way, after supper

he took the cup and gave you thanks;
he gave it to them, saying:

Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many for
the forgiveness of sins.

Do this, as often as you drink it,
in remembrance of me.

Therefore, heavenly Father,
we remember his offering of himself
made once for all upon the cross;
we proclaim his mighty resurrection and glorious ascension;
we look for the coming of your kingdom,
and with this bread and this cup
we make the memorial of Christ your Son our Lord.

Christ is the bread of life:

**When we eat this bread and drink this cup,
we proclaim your death, Lord Jesus,
until you come in glory.**

Accept through him, our great high priest,
this our sacrifice of thanks and praise,
and as we eat and drink these holy gifts
in the presence of your divine majesty,
renew us by your Spirit,
inspire us with your love
and unite us in the body of your Son,
Jesus Christ our Lord.

Through him, and with him, and in him,
in the unity of the Holy Spirit,
with all who stand before you in earth and heaven,
we worship you, Father almighty,
in songs of everlasting praise:

**Blessing and honour and glory and power
be yours for ever and ever.**

Amen.

The Lord's Prayer

**Our Father,
who art in heaven
hallowed be thy name;
thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.
For thine is the Kingdom,
the power and the glory
for ever and. Amen**

*Now make your spiritual communion.
Imagine that you are receiving the Host:*

**Lord, I am not worthy to receive you,
but only say the word and I shall be healed.**

**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 into 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.**

Post Communion Prayer

**Lord Jesus Christ,
you have taught us
that what we do for the least of our brothers and sisters we do also for
you:
give us the will to be the servant of others
as you were the servant of all,
and gave up your life and died for us,
but are alive and reign, now and for ever.
Amen.**

The Blessing: [here](#)

Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him;
and the blessing of God Almighty, the Father,
the Son and the Holy Spirit be among you
and remain with you now and always.

Amen.

Go in peace to love and serve the Lord.

In the name of Christ, Amen.

*“I said to the man who stood at the gate of the year,
‘Give me a light that I may tread safely into the unknown.’
And he replied, ‘Go out into the darkness
and put your hand into the hand of God.
That shall be to you better than light and safer than a known way!’
So I went forth and finding the hand of God,
trod gladly into the night.”*

Why not print this quote and keep it in your wallet or purse?

