



*St Mary the Virgin & St Matthew's*  
STANWELL ASHFORD



*An Order for the Celebration of*  
**Spiritual Communion**  
when  
unable to attend Mass  
on a Sunday

## Introduction

Scripture says that when Jesus was at his last supper together with his disciples, he broke bread and shared wine with his friends, commanding them to continue doing this “in remembrance of me.” (Luke 22.19) In obedient response, the first Christians “... devoted themselves to the apostles’ teaching and to the fellowship, to the breaking of bread and to prayer...They broke bread in their homes and ate together with glad and sincere hearts.” (Acts 2.42 & 46)

2,000 years later, we continue to meet together in worship; reading scripture, singing praises, offering prayers, and celebrating with thanksgiving, the Sacrament of the Eucharist (The Mass). This corporate act in which we are fed with spiritual food, and by which we are incorporated into the mystical body of Christ, remains the central act of our common worship. The Church sets the expectation: It is the duty of all who have been confirmed to receive the Holy Communion regularly...”

Many faithful Christians meet together on Sundays and other occasions to celebrate the Mass, while for some, such regular worship is not possible. Those who are ill, members of the armed forces on military duty, or those who work in essential services, may be some of the faithful not able to receive Communion every Sunday.

There are many Christians throughout the world who are separated geographically from where church services are regularly provided. For all of these, and other Christians who cannot avail themselves easily of attendance at regular The Mass, special provision is made for making an act of “spiritual communion”, in which they may expect to receive all the benefits of the grace attached to the sacrament of the Holy Eucharist.

This idea is clearly expressed by the Church: “Believers who cannot physically receive the sacrament are to be assured that they are partakers by faith of the body and blood of Christ and of the benefits he conveys to us by them.” So then, it is for all who are unable to be present at the Sunday celebrations of the Mass, that this simple service of Spiritual Communion is offered.

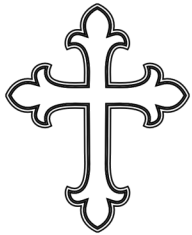
*Christians have gathered on Sunday since the earliest times and we do so today being absent from the community, to join with them in the worship of Our Lord who has bid us to Do this in remembrance of him.*

## **THE GATHERING**

**OPENING HYMN:** *Please see Constant Contact for details*

**ENTRANCE ANTIPHON:**  
*Please see Constant Contact for details*

### **THE GREETING**



*All make the Sign of the Cross:*

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

### **PENITENTIAL ACT**

*Our loving God who wishes us never to be separate from him as promised us the forgiveness of sins, if we will turn again and repent of our offences, so we pray:*

**My God, I am sorry for my sins with all my heart.**

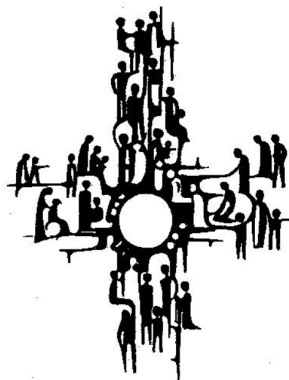
**In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Saviour Jesus Christ suffered  
and died for us.**

**In his name, my God, have mercy.**



### **COLLECT OF THE DAY:**

*Please see Constant Contact for details*



# THE LITURGY OF THE WORD



*The Lectionary usually provides an Old Testament lesson, a Psalm, an Epistle and a Gospel for each Sunday and major feast of the year. The Old Testament lesson has usually been selected because of its appropriateness to the Gospel of the day, which like the Epistle, teaches us of the Sunday or feast being celebrated. On Sundays in Ordinary Time however, the Epistles and Gospels are continuous readings*

## **FIRST READING:**

*Please see Constant Contact for details*

*At the end of the reading the reader says:*

The word of the Lord.

*all respond saying:*

**Thanks be to God**

## **RESPONSORIAL PSALM:**

*Please see Constant Contact for details*

## **SECOND READING:**

*Please see Constant Contact for details*

*At the end of the reading the reader says:*

The word of the Lord.

*all respond saying:*

**Thanks be to God**

## **GOSPEL:**

*Please see Constant Contact for details*

*At the end of the reading the reader says:*

The Gospel of the Lord.

*all respond saying:*

**Praise to you, Lord Jesus Christ.**

**PERIOD OF SILENCE—** *it is good to have a time of reflection on the words you have just heard.*

## **THE CREED -**



# The APOSTLES Creed

**I believe in God, the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
*At the words that follow, up to and including 'the Virgin Mary', all bow.*  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand  
of God the Father almighty;  
from there 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 life everlasting. Amen.**

**PRAYERS OF INTERCESSION:** *Please see Constant Contact for details*

### **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.**

## **ACT OF SPIRITUAL COMMUNION**



**My Jesus, I believe that you are present  
in the most Blessed Sacrament.  
I love You above all things  
and I desire to receive You into my soul.  
Since I cannot now 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.**

**THE CONCLUDING RITE - *Make the Sign of the Cross:***



# PARISH DIRECTORY

## The Parish Office

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