

# **Spiritual Communion When Unable to Attend**

## **a Celebration of Holy Communion**

If a household are praying together one person may act as leader and the others as the congregation and they join in the sections in bold type. If alone read all the words aloud. You may want to light a candle before you begin, and have a bible, cross or crucifix to look at or some music to play.

The Lord is here. **The Spirit is with us.**

**Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name; through Christ our Lord. Amen.**

### *Collect*

Lord of all life and power,  
who through the mighty resurrection of your Son  
overcame the old order of sin and death  
to make all things new in him:  
grant that we, being dead to sin  
and alive to you in Jesus Christ,  
may reign with him in glory;  
to whom with you and the Holy Spirit  
be praise and honour, glory and might,  
now and in all eternity.

John 20 New Revised Standard Version (NRSV)

**20** Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. <sup>2</sup>So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, "They have taken the Lord out of the tomb, and we do not know where they have laid him." <sup>3</sup>Then Peter and the other disciple set out and went toward the tomb. <sup>4</sup>The two were running together, but the other disciple outran Peter and reached the tomb first. <sup>5</sup>He bent down to look in and saw the linen wrappings lying there, but he did not go in. <sup>6</sup>Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, <sup>7</sup>and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. <sup>8</sup>Then the other disciple, who reached the tomb first, also

went in, and he saw and believed; <sup>9</sup>for as yet they did not understand the scripture, that he must rise from the dead. <sup>10</sup>Then the disciples returned to their homes.

<sup>11</sup>But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; <sup>12</sup>and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. <sup>13</sup>They said to her, "Woman, why are you weeping?" She said to them, "They have taken away my Lord, and I do not know where they have laid him." <sup>14</sup>When she had said this, she turned around and saw Jesus standing there, but she did not know that it was Jesus. <sup>15</sup>Jesus said to her, "Woman, why are you weeping? Whom are you looking for?" Supposing him to be the gardener, she said to him, "Sir, if you have carried him away, tell me where you have laid him, and I will take him away." <sup>16</sup>Jesus said to her, "Mary!" She turned and said to him in Hebrew, "Rabbouni!" (which means Teacher). <sup>17</sup>Jesus said to her, "Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, 'I am ascending to my Father and your Father, to my God and your God.'" <sup>18</sup>Mary Magdalene went and announced to the disciples, "I have seen the Lord"; and she told them that he had said these things to her.

*Spend a few moments praying for the people you know and love, the needs of the world and for an end to the current Pandemic.*

#### The Lord's Prayer

**Our Father, which art in heaven, Hallowed be thy Name. Thy kingdom come. Thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that 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 ever. Amen.**

#### Act of Contrition

**I love you, Jesus, my love above all things, and I repent with my whole heart of having offended you. Never permit me to separate myself from you again, grant that I may love you always, and then do with me what you will.**

#### Act of Spiritual Reception

**O loving God, in union with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving. Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us.**

**Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with  
your presence.**

Jesus, as the hem of your garment, touched in faith, healed the woman who could not touch  
your body, so may the soul of your servant be healed, for though I cannot receive you in the  
sacrament I can, through this offering of my prayer, receive you in my heart; grant this for  
Christ's sake. **Amen.**

O Lord and heavenly Father, we your humble servants entirely desire your fatherly goodness  
mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching you  
to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood,  
we and all your whole Church may obtain remission of our sins, and all other benefits of his  
passion. **Amen.**

The peace of God, which passes all understanding, keep our hearts and minds in the knowledge  
and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the  
Father, the Son, and the Holy Spirit, be among us and remain with us always. **Amen.**

*Spiritual Communion adapted from Diocese of Chelmsford website:*

[https://www.chelmsford.anglican.org/uploads-new/pages/Spiritual\\_Communion.pdf](https://www.chelmsford.anglican.org/uploads-new/pages/Spiritual_Communion.pdf)