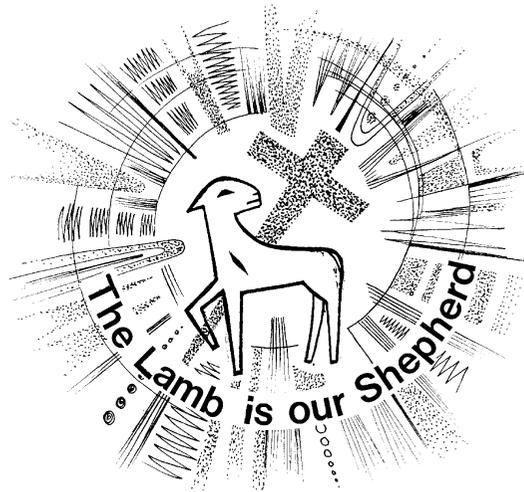


# SPIRITUAL COMMUNION

## Anima Christi

Soul of Christ, sanctify me  
Body of Christ, save me  
Blood of Christ, refresh me  
Water from the side of Christ, wash me  
Passion of Christ, strengthen me  
O good Jesus, hear me  
Within your wounds hide me  
Suffer me not to be separated from you  
From the malicious enemy defend me  
In the hour of my death call me  
And bid me come unto you  
That with your Saints I may praise you  
Forever and ever. Amen.

**The grace of our Lord Jesus Christ,  
and the love of God  
and the fellowship of the Holy Spirit  
be with me and those whom I love and pray for  
this day and always  
Amen**



*As you are unable to come to make your Communion  
please join in the prayers of the Church  
by using the following form by yourself or with your family*

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

**Almighty God,  
to whom all hearts are open, all desires known,  
and from whom no secrets are hid:  
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.**

*¶ You may now read the Collect for the day, the Epistle, and the Holy Gospel from the  
Sunday booklet for the season. Or use the following:*

### **First Reading – Revelation 3.20**

Behold I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

### **Psalm – Psalm 62**

On God alone my soul in stillness waits;  
from him comes my salvation. He alone is my rock and my salvation,  
my stronghold, so that I shall never be shaken.

### **Gospel – John 15.5**

I am the vine, you are the branches. He who abides in me, and I in him,  
he it is that bears much fruit, for apart from me you can do nothing.

*or*

### **Matthew 11.28-end**

Jesus said, 'Come to me, all you that are weary and are carrying heavy  
burdens, and I will give you rest. Take my yoke upon you, and learn  
from me; for I am gentle and humble in heart, and you will find rest for  
your souls. For my yoke is easy, and my burden is light.'

¶ *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. Then read the confession:*

Almighty God, our heavenly Father,  
I have sinned against you and against my neighbour,  
in thought and word and deed, through negligence,  
through weakness, through my own deliberate fault.  
I am truly sorry and repent of all my sins.  
For the sake of your Son Jesus Christ, who died for us,  
forgive me all that is past;  
and grant that I may serve you in newness of life  
to the glory of your name. Amen.

¶ *Then say:*

Almighty and merciful God,  
pardon and deliver me from all my sins. Amen.

¶ *Read the Comfortable Words.*

*Hear the words of comfort our Saviour Christ says to all who truly turn to him:*

Come to me, all who labour and are heavy laden, and I will give you rest. *Matthew 11.28*

God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. *John 3.16*

*Hear what Saint Paul says:*

This saying is true and worthy of full acceptance, that Christ Jesus came into the world to save sinners. *1 Timothy 1.15*

*Hear what Saint John says:*

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins.

*1 John 2.1,2*

¶ *Then say:*

In union, O Lord, with all your faithful people,  
and remembering my own parish,  
and those who would normally worship with me,

I give you 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.

I present to you my body and soul as a living sacrifice,  
with the earnest wish that I may always be united with you.

And since I cannot now receive you sacramentally,  
I pray that you will come spiritually into my heart.

I unite myself to you, and embrace you  
with all the strength of my soul and the life you have given me.

Let nothing ever separate me from you.  
May I live and die in your love. Amen.

¶ *Spend a few moments in meditation upon the fact that God so loved you that he sent his only-begotten Son into the world for you, and afterwards say:*

**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 ever.  
Amen.**

**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.**