

Spiritual Communion

As many of you have heard, Bishop Gainer has temporarily suspended all daily and weekend Masses in the Diocese of Harrisburg, as well as all public liturgies and devotions.

However, you can still make a daily spiritual communion! St. Thomas Aquinas described spiritual communion as “an ardent desire to receive Jesus in the most Holy Eucharist and lovingly embrace him.” This includes circumstances where we cannot physically receive Him in sacramental communion.

No particular prayer is required to make a spiritual communion, however here is a popular prayer attributed to St. Alphonsus Liguori:

“My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I desire you with all my heart. Since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I embrace you as if you were already in my heart and unite myself to you completely. Please do not let me ever be separated from you.”

In addition, please feel free to watch Mass live on EWTN TV or at <https://video.ewtn.com/daily-mass>.

May God Bless each and every one of you!

Father Quinlan and Father Matt