

While we **cannot** receive communion at this time,
we **can** still make an act of Spiritual Communion
in which we express our faith in Jesus
and in his presence in the Eucharist,
and invite him to unite himself with us.



Act of Spiritual Communion

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