

# An Act of Spiritual Communion



## A simple prayer service for when we are unable to attend the Public Celebration of Mass

*The Catholic Parishes of St John Vianney & St Monica and St Cuthbert's, Blackpool ©2020*

The Priests of the Catholic Parishes of St John Vianney & St Monica and St Cuthbert's, Blackpool would like to assure all parishioners of their prayers at this time of crisis and the remembrance of their intentions at the Holy Sacrifice of the Mass celebrated without a congregation at this time.

In the absence of being able to meet our parishioners in the usual way or to visit institutions in the parish or the homes of those in isolation we would be delighted to exchange salutations and to pray with you and for you by phone at this time. If you would like one of the priests to contact you and you are unsure if we have your phone number please do not hesitate to call us on **01253 762227**.

We have prepared the following prayer service which can be prayed at home or during a visit to church.

## Introductory Rites

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

*In a moment of silence, in preparation, to make this act of spiritual communion  
let us call to mind our sins.*

I confess to almighty God,  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
Therefore I ask to blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

## The Word of God

The readings for the Mass of the Day can be found in a People's Missal or online  
using *Universalis*: <https://universalis.com/mass.htm> or:

*Mark 4:35-41*

On that day, when evening had come, Jesus said to them, 'Let us go across to the other side.' And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, 'Teacher, do you not care that we are perishing?' And he awoke and rebuked the wind and said to the sea, 'Peace! Be still!' And the wind ceased, and there was a great calm.

He said to them, 'Why are you so afraid? Have you still no faith?' And they were filled with great fear and said to one another, 'Who then is this, that even the wind and the sea obey him?'

or:

*John 6:54-58*

Jesus says: "I myself am the living bread come down from heaven. If anyone eats this bread he shall live forever; the bread I will give is my flesh, for the life of the world."

*Pause for a moment of silent reflection.*

## **Intercessions**

*For our family and loved ones: that they may be held in God's compassionate care. Lord, hear us.*

*For our own nation and other countries who are struggling with the effects of the COVID 19 virus: that your wisdom and courage be with them. Lord, hear us.*

*For those in authority: may they offer leadership with care and integrity, may they seek to protect the poor and vulnerable. Lord, hear us.*

*For all who work in healthcare: that they may have the strength to look after the sick and bring comfort and relief to the suffering. Lord, hear us.*

*For the Church: may she offer prayer and consolation for all those afflicted. Lord, hear us.*

*For our local community and all for those in need: may those who are isolated know the support and service of their neighbours. Lord, hear us.*

## **The Lord's Prayer**

Our Father...

## **Spiritual Communion**

*Using the Prayer of St Alphonsus*

My Jesus,  
I believe that you are present in this Holy Sacrament of the altar.  
I love you above all things  
and I passionately desire to receive you into my soul.  
Since I cannot now receive you sacramentally,  
come spiritually into my soul  
so that I may unite myself wholly to you now and forever.  
*Amen.*

## **Conclusion**

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

### Prayer in times of Pandemic

Deal not with us, Lord, according to our sins.  
*And take not vengeance on us because of our misdeeds.*

Help us, O God, our Deliverer.

*And for your name's sake, O Lord, free us.*

Remember not, O Lord, our sins of old.

*Hasten to us with thy compassion, for we are become exceeding poor.*

St. Sebastian, pray for us.

*That we may be made worthy of the promises of Christ.*

O Lord, hear my prayer.

*And let my cry come unto you.*

Vouchsafe to hear us, O God, our only salvation! And through the intercession of the glorious and blessed Mary, Mother of God and ever Virgin, of the blessed martyr, Sabastian and of all the saints, deliver your people from all terrors, and restore their confidence by the outpouring of your compassion.

Be moved to pity, O Lord, at our earnest entreaties, and heal the illnesses of body and soul; so that experiencing your forgiveness, we may ever rejoice in your blessing.

We beseech you, O Lord, grant us a healing as we devoutly raise our petitions to you, and graciously turn away the pandemic which afflicts us; so that mortal hearts may recognise that these scourges cease when you are moved to mercy. Through our Lord, Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. *Amen.*

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### ALTHOUGH PUBLIC MASSES ARE SUSPENDED OUR CHURCHES REMAIN OPEN:

- **St John Vianney's church on Park Road is open each day for private prayer, with:**
  - Confessions and Silent Eucharistic Adoration in church each Monday evening 6.00pm – 7.00pm - for the duration of the current crisis.
  - Silent Eucharistic Adoration in church each Friday morning from 9.00am - 11.00am - for the duration of the current crisis.
  - Silent Adoration in church each Sunday from 10.00am - 3.00pm - for the duration of the current crisis.
- **St Cuthbert's church on Lytham Road is open for private prayer from 5.00pm to 6.30pm Tuesday to Sunday (inclusive) - for the duration of the current crisis. Silent Adoration in church will take place each Sunday.**