

Spiritual Communion (*adapted from The Armed Forces Prayer Book 1951*)

If on any Sunday or other Day of Obligation, you are prevented from making your Communion make an act of Spiritual Communion in the following way:

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

Then you may read the Collect for the day, the Old Testament Reading, Epistle, and the Holy Gospel (from the church website)

Confession

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*

Lord God,
we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from our sin.
Renew a right spirit within us
and restore to us the joy of your salvation;
through Jesus Christ our Lord. Amen.

Then say:

The Almighty and merciful Lord, grant me pardon and absolution of all my sins. Amen.

Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and saying:

Holy, holy, holy Lord,
God of power and might,
heaven and earth are full of your glory.
Hosanna in the highest.

Then say:

In union, O Lord with the faithful at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer you praise and thanksgiving. I present to you my soul and body with the earnest wish that I may always be united to you. And since I cannot now receive you sacramentally, I humbly pray that you may enter spiritually into my heart. I unite myself to you, and embrace you with all of my soul. Let nothing ever separate you from me. 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. Recite the Lord's Prayer and afterward say:

May the grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.