

Spiritual Communion

When Unable to Attend a Celebration of the Eucharist

*If a household is praying together one person may act as leader and the others as the congregation and they join in the sections in **bold** type.*

If alone read all the words aloud.

You may want to light a candle before you begin, and have a bible, cross or crucifix to look at.

The Lord is here. **The Spirit is with us.**

**Almighty God,
to whom all hearts are open,
all desires known,
and from whom no secrets are hidden:
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 want to pray the Collect of the Day here from an app or book.

You could use one or more of the readings of the day or the following short readings:

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.

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.

The Lord's Prayer

**OUR Father, which art in heaven,
Hallowed be thy Name. Thy kingdom
come. Thy will be done, in earth as it is
in heaven. Give us this day our daily
bread. And forgive us our trespasses, As
we forgive them that 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.**

Act of Contrition

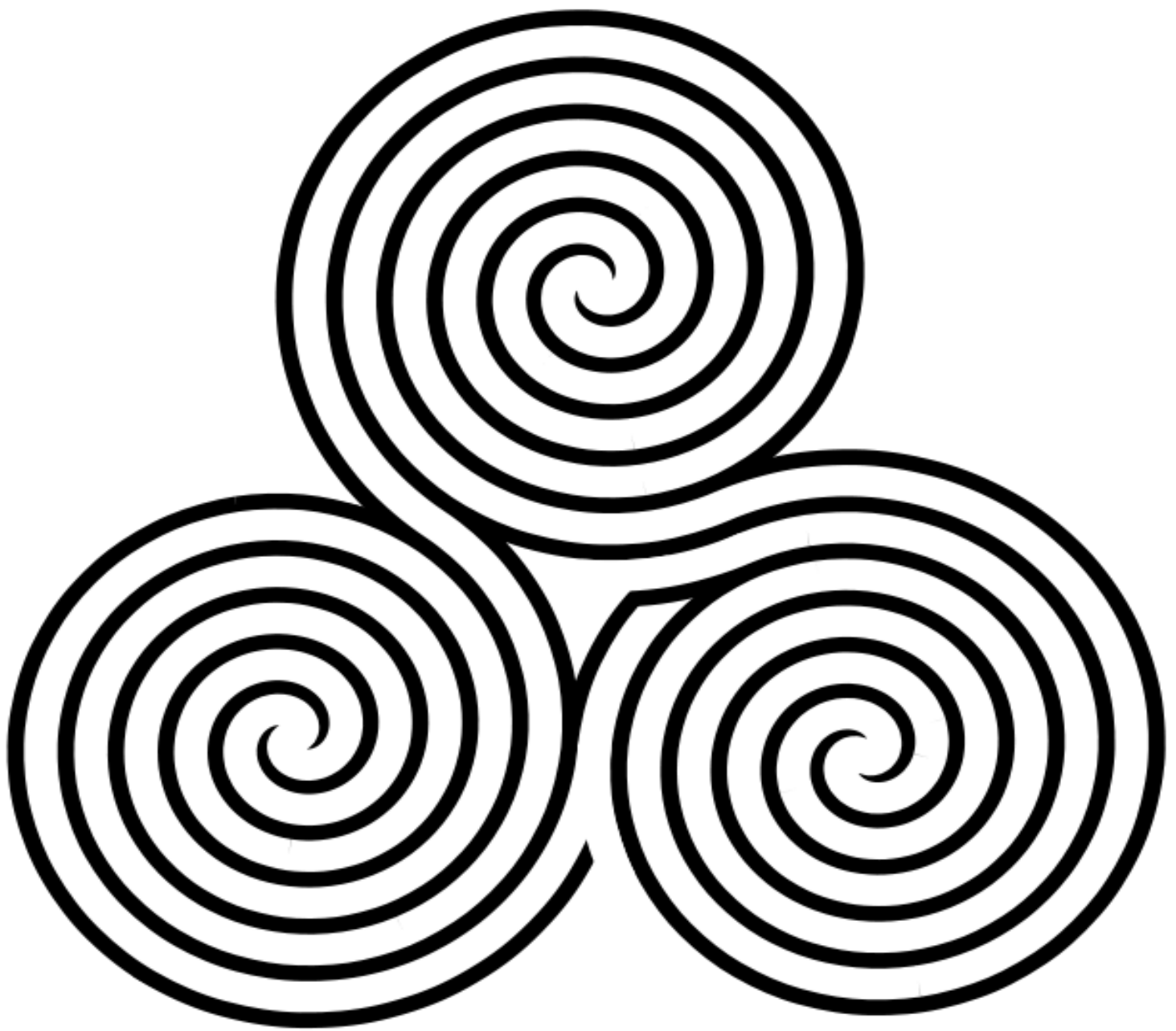
**I love you, Jesus, my love above all
things, and I repent with my whole
heart of having offended you.
Never permit me to separate myself
from you again, grant that I may love
you always, and then do with me what
you will.**

Act of Spiritual Reception

**In union, dear Father, with Christian
people throughout the world and across
the centuries gathered to make
Eucharist, hearing your holy Word and
receiving the Precious Body and Blood,
I offer you praise and thanksgiving.
Even though I am exiled from tasting
the Bread of Heaven and drinking the
Cup of Life I pray that you will unite me
with all the baptised and with your Son
who gave his life for us.
Come Lord Jesus, dwell in me and send
your Holy Spirit that I may be filled
with your presence.**

O LORD and heavenly Father, we your humble servants entirely desire your fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching you to grant, that by the merits and death of your Son Jesus Christ, and through faith in his blood, we and all your whole Church may obtain remission of our sins, and all other benefits of his passion.
Amen.

THE peace of God, which passes all understanding, keep our hearts and minds in the knowledge and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among us and remain with us always. **Amen.**



Trinity Finger Labyrinth – *a three-part journey*

Inward Journey

1. As you journey use **all your senses** – reflect on what you see, hear, smell, think. Breathe deeply. Relax. Don't rush.
2. As you start your journey towards the centre of the labyrinth **confess** and let go of things that hinder your relationship with God. Prepare your inner self – the you of you – to meet with God.
3. Take some time to identify the **noises around you** one by one...As you recognise each one, savour it and then place it to one side.
4. What are the **noises on the inside?** Identify them one by one, listen to them and turn the noise off that you can't get out of your head; be prepared to give them to God.

The Centres

As you reach each centre imagine yourself handing your life to God and leaving the worries and pain in the centre.

Breathe in the peace that surrounds you. Be still, quiet and listen...

When you have finished reflecting imagine yourself picking up your life again but now it is pure and holy – forgiven and blessed by God

Outward Journey

As you start the journey out of the labyrinth recognise that God is travelling with you. You are not alone.

What gifts and strengths do you need for your life and work?

As you reach the end of the labyrinth stand still for a moment and offer yourself once again to God. This is the end of the labyrinth but the beginning of a renewed life with God.