

Spiritual Communion via Live-Streamed or Televised Mass

Viewing a live-streamed, online, or televised Mass is an opportunity for the faithful to remain connected to the Sacrifice of the Mass during this difficult time. WFMJ.com offers a livestream mass at 9:00 a.m. on Sunday mornings from St. Christine and St. Rose Churches and at 10:30 a.m. from St. Columba Cathedral. Each Sunday morning at 6:30 a.m. Mass is available on the **WFMJ television channel**. Bishop Robert Barron offers mass at 8:15 a.m. each day on the Wordonfire.com/daily-mass website.

Other sources include: www.watchthemass.com offering daily Mass in English Sunday through Friday and in Spanish every Sunday.

Spiritual Communion

The Act of Spiritual Communion has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion, which is a source of grace. Spiritual Communion is an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace him at a time or in circumstances when one cannot receive Him in sacramental Communion. The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

Below are recommendations that can be used when unable to participate in Mass.

1. Gather with others in your household and begin a time of prayer with the sign of the cross.
2. Take time to read and reflect upon the readings from Sunday Mass. Scripture readings can be found at www.usccb.org. Additionally, a televised schedule of Mass is available at www.doy.org under Media tab.
3. Share prayer intentions quietly or aloud.
4. Pray the Lord's Prayer.
5. Offer a prayer for Spiritual Communion
6. Close with the sign of the cross

PRAYER FOR 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 in 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.