



Guidance on Spiritual Communion and Coronavirus

Dear Friends,

When we are so used to celebrating communion together on a regular basis, we may find it difficult to worship God in this time of social distancing. I hope the services of Morning and Evening Prayer have helped. The church also has a means of celebrating communion together when we are apart. The details and the service are set out below. Please use this service, and if you have access to a computer watch our Sunday service on YouTube. Every blessing Mark

The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ. The form of prayer below offers Christians an opportunity to give thanks for their communion with him, particularly at times when they would ordinarily be present at the Eucharist.

The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves. The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.

An act of Spiritual Communion

Find a space for prayer in front of a cross, a candle, or a special place. You might choose to make your Spiritual Communion at a particular time of day, or after viewing a live streamed service.

Reflect on the day and on your relationships.

- - *What good things have come from God today?*
- - *Where have I fallen short?*
- - *What might I do tomorrow?*

Opening Words

**Lord, have mercy.
Christ, have mercy.
Lord, have mercy.**

Read the following words from Scripture. Or another reading and reflect on it.

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

John 6.35

Prayers

*Pray for the needs of the world, for your local community,
and for those close to you.*

End with the Lord's Prayer.

The Lord's Prayer

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who 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**

Give thanks for the saving death and resurrection of Jesus and ask him to be with you now.

**Thanks be to you, Lord Jesus Christ, for all the benefits you have given me, for all the pains
and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother, may I know you more clearly, love you
more dearly,
and follow you more nearly, day by day. Amen.**

You might then add one or more of the following prayers:

**Lord Jesus Christ, you said to your disciples,
'I am with you always'.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care. Amen.**

**O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me
from your love revealed in Jesus Christ our Lord.
Amen.**

Lord, in these days of mercy, make us quiet and prayerful;
in these days of challenge, make us stronger in you;
in these days of emptiness,
take possession of us;
in these days of waiting,
open our hearts to the mystery of your cross. Amen

Almighty God, Father of all mercies,
we your unworthy servants give you
most humble and hearty thanks
for all your goodness and loving kindness.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ,
for the means of grace, and for the hope of glory. Amen

And give us, we pray, such a sense of all your mercies
that our hearts may be unfeignedly thankful,
and that we show forth your praise,
not only with our lips but in our lives,
by giving up ourselves to your service,
and by walking before you in holiness and
righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be all honour and glory,
for ever and ever.
Amen.

Conclude with the following:

The Lord bless us, and preserve us from all evil,
and keep us in eternal life. Amen.