

Beloved in Christ Jesus,

During these difficult times when you are not able to receive Communion in person, there is a form in the 2019 Book of Common Prayer for moments. It is called Spiritual Communion, and is found on page 677, prayer number 106.

You are encouraged to follow along in worship at the appropriate time with this prayer as a way to offer your heart to the Lord and receive spiritually. You will find it below.

106. For Spiritual Communion

Dear Jesus, I believe that you are truly present in the Holy Sacrament. I love you above all things, and I desire to possess you within my soul. And since I cannot now receive you sacramentally, I beseech you to come spiritually into my heart. I unite myself to you, together with all your faithful people gathered around every altar of your Church, and I embrace you with all the affections of my soul. Never permit me to be separated from you. **Amen.**

In Christ Jesus,



The Rev. Andrew S. Petta
Rector of Saint Barnabas Anglican Church