

**'God is our refuge and our strength, a very present help in trouble'.**

**A PRAYER FOR ALL THOSE AFFECTED BY CORONAVIRUS**

**Keep us Good Lord,  
under the shadow of your  
mercy.**

**Sustain and support the  
anxious, be with those who  
care for the sick,  
and lift up all who are  
brought low;  
that we may find comfort  
knowing that nothing can  
separate us from your love,  
in Christ Jesus our Lord.  
Amen**

## **SPIRITUAL COMMUNION**



*When unable to  
attend Mass at  
church.*

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

### **Collect**

**Let the power of the Holy  
Spirit come upon me, O Lord.  
That the same Spirit may both  
mercifully cleanse my heart  
and defend me from all  
adversities. Through Christ  
our Lord. Amen.**

### **The Reading (Revelation 3:20)**

**'Behold I stand at the door  
and knock. If you hear my  
voice and open the door, I will  
come in to you and eat with  
you, and you with me.'**

### **The Gospel (St John 15:5)**

**'I am the vine, you are the  
branches. Those who abide in  
me and I in them bear much  
fruit, because apart from me  
you can do nothing.'**

*Take a moment now to think of  
the things you have got wrong this  
week. Recall any wrong doings  
and offer them to God*

### **Act of Contrition**

**O God, I am very sorry that I have sinned against you who are so good and merciful. Help me in these times of trouble to turn again to you and sin no more. In Jesus' name. Amen.**

### **Act of Reception**

**In union, dear Lord, with the faithful at every altar of your Church where the blessed body and blood are being offered to the Father, may I add my voice to theirs and offer you thanksgiving and praise.**

**I believe you are present in the Holy Sacrament. And since I cannot now receive you sacramentally, I ask you to come spiritually into my heart. I unite myself with you, and embrace you in my soul. Let me never be separated from you. Let me live and die in your love. Amen.**

**Come Lord Jesus, dwell in me, your servant, in the fullness of your strength, in the perfection of your ways, and in the holiness of your spirit. Protect me and watch over me, so that I may glorify you in word and deed. Amen**

*A short time of personal prayer may follow, followed by the Lord's Prayer.*

### **Anima Christi**

**Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me;  
Within your wounds hide me;  
Suffer me not to be separated from you;  
From all enemies defend me;  
In the hour of my death call me,  
And bid me come to you.  
That with your saints I may praise you forever and ever.  
Amen.**

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

*May God's light and love surround you at this time of separation. May he be your constant companion until we can meet again.*

*Remember, it is always darkest before the dawn.*