

Some folk have been asking for help to make a spiritual communion
Here are two prayers to help prepare for Mass and Communion when you are not
able to attend

**A Traditional Act of Spiritual Communion
by St Alphonsus Ligouri**

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 into 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

A Spanish Version

Jesús mío, creo que tú
están presentes en el Santísimo Sacramento.
Te amo por encima de todas las cosas
y deseo recibirte en mi alma.
Ya que no puedo en este momento
recibirte sacramentalmente,
Ven al menos espiritualmente a mi corazón.
Te abrazo como si ya estuvieras allí.
y me uniré totalmente a ti.
Nunca permitas que me separe de ti
Amén

A prayer to your Guardian Angels to help when you can't attend Holy Mass

(The Archbishop of Westminster (London, UK) is suggesting this prayer to be said at the start of all Masses people attend online.)

Dear Guardian Angel, go for me to the church, there kneel down at Mass for me. At the Offertory, take me to God, and offer Him my service: What I am, what I have, offer as my gift. At the Consecration, with your seraphic strength, adore my Savior truly present, praying for those who have loved me, for those who have offended me, and for those now deceased, that the blood of Jesus may purify them all. During Holy Communion, bring to me the Body and Blood of Jesus uniting Him with me in spirit, so that my heart may become His dwelling place. Plead with Him, that through His sacrifice all people throughout the world may be saved. When the Mass ends, bring home to me and to every home, the Lord's blessing. Amen.

A Spanish version

Querido Ángel de la Guarda, ve por mí a la iglesia, allí arrodíllate en la misa por mí. En el ofertorio, llévame a Dios, y ofrécele mi servicio: Lo que soy, lo que tengo, ofrécelo como mi regalo. En la Consagración, con tu fuerza seráfica, adora a mi Salvador verdaderamente presente, rezando por los que me han amado, por los que me han ofendido y por los ya fallecidos, para que la sangre de Jesús los purifique a todos. Durante la Santa Comunión, traedme el Cuerpo y la Sangre de Jesús uniéndolo conmigo en espíritu, para que mi corazón se convierta en su morada. Suplícale que a través de su sacrificio todos los pueblos del mundo se salven. Cuando termine la misa, traedme a mí y a todos los hogares la bendición del Señor. Amén