

Newport Minster

An Act of Spiritual Communion

+In the name of the Father, and of the Son and of the Holy Spirit.

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.

Let the power of the Holy Spirit come upon me, O Lord, that he may both cleanse my heart, and defend me from all that would harm me.
In Jesus' name.
Amen.

Take a few minutes' reflection to think of the times when we have separated ourselves from God.

Lord my God,
I am sorry for the times I have failed to live your love in the world, but offer thanks for your forgiveness and acceptance.

Through Christ our Lord.
Amen.

From the Gospel according to John
Jesus says, I am the Vine, you are the branches. Whoever remains in me, with me in him, bears fruit in plenty. For cut off from me you can do nothing.

An Act of Spiritual Reception

In union, dear Lord Jesus, with the faithful at every altar of your Holy Church where the blessed Body and Blood are being offered to the Father, I desire to offer you praise and thanksgiving.
I believe you are present with us, and since I cannot at this time receive you sacramentally, I ask you to come spiritually into my heart,
I unite myself to you with the love of all my heart and in the depths of my soul.
Let me never be separated from you, that in all things I may live to your glory and into the eternity of your love, and may the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life.
Amen.

Blessed, praised and adored be Jesus Christ on his throne of glory, and in the Most Holy Sacrament of the Altar.