

**My Jesus,  
I believe that you are present in this Holy Sacrament of the altar.  
I love you above all things and I passionately desire to receive you into my soul.**

**Since I cannot now receive you sacramentally,  
come spiritually into my soul  
so that I may unite myself wholly to you now and forever.  
Amen.**

*based on a prayer of St Alphonsus Liguori*

At the Saviour's command  
and formed by divine teaching, we dare to say:

**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.**



### **Concluding Prayer**

As this reception of your Holy Communion, O Lord, foreshadows the union of the faithful in you, so may it bring about unity in your Church. Through Christ our Lord. Amen.

## **Spiritual Communion 11th Sunday in Ordinary Time Sunday 13 June 2021**



### **Opening Prayer**

O God, strength of those who hope in you, graciously hear our pleas, and, since without you mortal frailty can do nothing, grant us always the help of your grace, that in following your commands we may please you by our resolve and our deeds. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

### **Ezekiel 17:22-24**

The Lord says this:

'From the top of the cedar, from the highest branch I will take a shoot and plant it myself on a very high mountain. I will plant it on the high mountain of Israel. It will sprout branches and bear fruit, and become a noble cedar. Every kind of bird will live beneath it, every winged creature rest in the shade of its branches. And every tree of the field will learn that I, the Lord, am the one who stunts tall trees and makes the low ones grow, who withers green trees and makes the withered green. I, the Lord, have spoken, and I will do it.'

**The Word of the Lord**

### **2 Corinthians 5:6-10**

We are always full of confidence when we remember that to live in the body means to be exiled from the Lord, going as we do by faith and not by sight – we are full of confidence, I say, and actually want to be exiled from the body and make our home with the Lord. Whether we are living in the body or exiled from it, we are intent on pleasing him. For all the truth about us will be brought out in the law court of Christ, and each of us will get what he deserves for the things he did in the body, good or bad.

**The Word of the Lord**

### **Gospel Acclamation**

**Alleluia, alleluia!**

**I call you friends, says the Lord,  
because I have made known to you  
everything I have learnt from my Father.  
Alleluia!**

### **A reading from the holy Gospel according to Mark**

4:26-34

Jesus said to the crowds: 'This is what the kingdom of God is like. A man throws seed on the land. Night and day, while he sleeps, when he is awake, the seed is sprouting and growing; how, he does not know. Of its own accord the land produces first the shoot, then the ear, then the full grain in the ear. And when the crop is ready, he loses no time: he starts to reap because the harvest has come.'

He also said, 'What can we say the kingdom of God is like? What parable can we find for it? It is like a mustard seed which at the time of its sowing in the soil is the smallest of all the seeds on earth; yet once it is sown it grows into the biggest shrub of them all and puts out big branches so that the birds of the air can shelter in its shade.' Using many parables like these, he spoke the word to them, so far as they were capable of understanding it. He would not speak to them except in parables, but he explained everything to his disciples when they were alone.

**The Gospel of the Lord**

