

**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

Nourished by this sacred gift, O Lord, we give you thanks and beseech your mercy, that, by the pouring forth of your Spirit, the grace of integrity may endure in those your heavenly power has entered. Through Christ our Lord. Amen.

Spiritual Communion 32nd Sunday in Ordinary Time Sunday 7 November 2021



Opening Prayer

Almighty and merciful God, graciously keep from us all adversity, so that, unhindered in mind and body alike, we may pursue in freedom of heart the things that are yours. 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.

1 Kings 17:10-16

Elijah the Prophet went off to Sidon. And when he reached the city gate, there was a widow gathering sticks; addressing her he said, 'Please bring me a little water in a vessel for me to drink.' She was setting off to bring it when he called after her. 'Please' he said 'bring me a scrap of bread in your hand.' 'As the Lord your God lives,' she replied 'I have no baked bread, but only a handful of meal in a jar and a little oil in a jug; I am just gathering a stick or two to go and prepare

this for myself and my son to eat, and then we shall die.’ But Elijah said to her, ‘Do not be afraid, go and do as you have said; but first make a little scone of it for me and bring it to me, and then make some for yourself and for your son. For thus the Lord speaks, the God of Israel:

“Jar of meal shall not be spent, jug of oil shall not be emptied, before the day when the Lord sends rain on the face of the earth.”

The woman went and did as Elijah told her and they ate the food, she, himself and her son. The jar of meal was not spent nor the jug of oil emptied, just as the Lord had foretold through Elijah.

The Word of the Lord

Responsorial Psalm - Psalm 145(146):7-10

My soul, give praise to the Lord.

It is the Lord who keeps faith for ever,
who is just to those who are oppressed.

It is he who gives bread to the hungry,
the Lord, who sets prisoners free.

It is the Lord who gives sight to the blind,
who raises up those who are bowed down.

It is the Lord who loves the just,
the Lord, who protects the stranger.

The Lord upholds the widow and orphan
but thwarts the path of the wicked.

The Lord will reign for ever,
Zion’s God, from age to age.

Hebrews 9:24-28

It is not as though Christ had entered a man-made sanctuary which was only modelled on the real one; but it was heaven itself, so that he could appear in the actual presence of God on our behalf. And he does not have to offer himself again and again, like the high priest going into the sanctuary year after year with the blood that is not his

own, or else he would have had to suffer over and over again since the world began. Instead of that, he has made his appearance once and for all, now at the end of the last age, to do away with sin by sacrificing himself. Since men only die once, and after that comes judgement, so Christ, too, offers himself only once to take the faults of many on himself, and when he appears a second time, it will not be to deal with sin but to reward with salvation those who are waiting for him.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

**Even if you have to die, says the Lord,
keep faithful, and I will give you
the crown of life.**

Alleluia!

A reading from the holy Gospel according to Mark 12:38-44

In his teaching Jesus said, ‘Beware of the scribes who like to walk about in long robes, to be greeted obsequiously in the market squares, to take the front seats in the synagogues and the places of honour at banquets; these are the men who swallow the property of widows, while making a show of lengthy prayers. The more severe will be the sentence they receive.’

He sat down opposite the treasury and watched the people putting money into the treasury, and many of the rich put in a great deal. A poor widow came and put in two small coins, the equivalent of a penny. Then he called his disciples and said to them, ‘I tell you solemnly, this poor widow has put more in than all who have contributed to the treasury; for they have all put in money they had over, but she from the little she had has put in everything she possessed, all she had to live on.’

The Gospel of the Lord.

