

**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.**

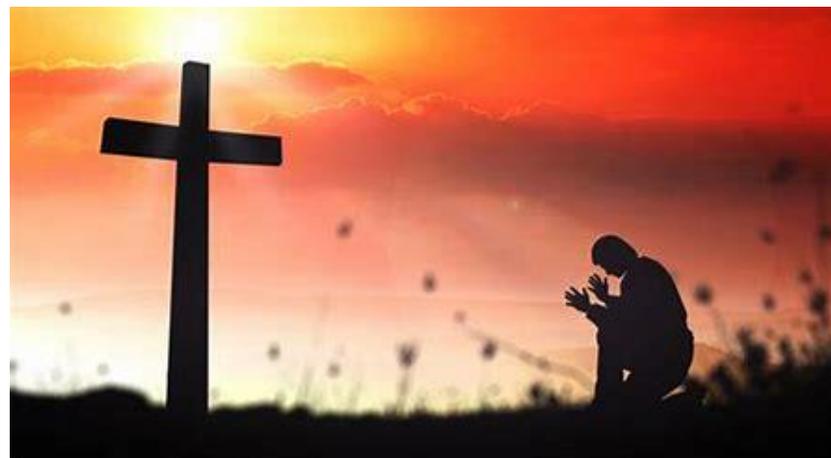
Concluding Prayer

Hear us, O God our Saviour, and grant us confidence, that through these sacred mysteries there will be accomplished in the body of the whole Church what has already come to pass in Christ her Head. Who lives and reigns for ever and ever. Amen.



Spiritual Communion – 7th Sunday of Easter

There are times when people are unable to receive the Body and Blood of Christ, through illness or due to their personal disposition. Even though some may not receive 'sacramental' Communion, all are united in some way by the Holy Spirit. The traditional idea of 'spiritual' Communion is an important one to remember and reaffirm. A deep spiritual communion is possible even when we do not share together the Sacrament of the Body and Blood of Christ. (cf. Celebrating the Mass 212)



Opening Prayer

Graciously hear our supplications, O Lord, so that we, who believe that the Saviour of the human race is with you in your glory, may experience, as he promised, until the end of the world, his abiding presence among us. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

A reading from the Acts of the Apostles 1:12-14 .

After Jesus was taken up into heaven the apostles went back from the Mount of Olives, as it is called, to Jerusalem, a short distance away, no more than a sabbath walk; and when they reached the city they went to the upper room where they were staying; there were Peter and John, James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus and Simon the Zealot, and Jude son of James. All these joined in continuous prayer, together with several women, including Mary the mother of Jesus, and with his brothers.

The Word of the Lord

A reading from the first letter of St Peter 4:13-16 .

If you can have some share in the sufferings of Christ, be glad, because you will enjoy a much greater gladness when his glory is revealed. It is a blessing for you when they insult you for bearing the name of Christ, because it means that you have the Spirit of glory, the Spirit of God resting on you. None of you should ever deserve to suffer for being a murderer, a thief, a criminal or an informer; but if anyone of you should suffer for being a Christian, then he is not to be ashamed of it; he should thank God that he has been called one.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

I will not leave you orphans, says the Lord;

I will come back to you,

and your hearts will be full of joy.

Alleluia!

A reading from the holy Gospel according to John 17:1-11

Jesus raised his eyes to heaven and said:

'Father, the hour has come:

glorify your Son

so that your Son may glorify you;

and, through the power over all mankind that you have given him,

let him give eternal life to all those you have entrusted to him.

And eternal life is this:

to know you,

the only true God,

and Jesus Christ whom you have sent.

I have glorified you on earth

and finished the work that you gave me to do.

Now, Father, it is time for you to glorify me

with that glory I had with you

before ever the world was.

I have made your name known

to the men you took from the world to give me.

They were yours and you gave them to me,

and they have kept your word.

Now at last they know

that all you have given me comes indeed from you;

for I have given them the teaching you gave to me,

and they have truly accepted this, that I came from you,

and have believed that it was you who sent me.

I pray for them;

I am not praying for the world

but for those you have given me,

because they belong to you:

all I have is yours

and all you have is mine,

and in them I am glorified.

I am not in the world any longer,

but they are in the world,

and I am coming to you.'

The Gospel of the Lord

