

**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.**

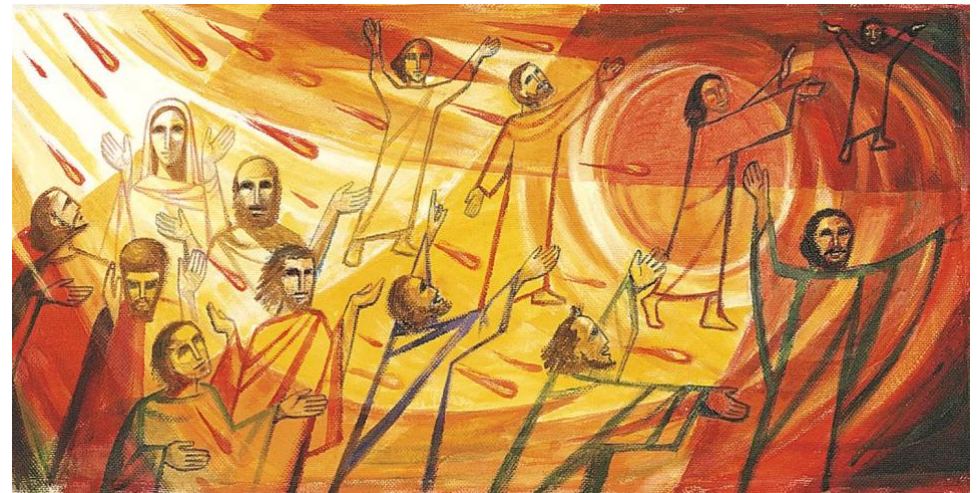
Prayer after Communion

O God, who bestow heavenly gifts upon your Church, safeguard, we pray, the grace you have given, that the gift of the Holy Spirit poured out upon her may retain all its force and that this spiritual food may gain her abundance of eternal redemption. Through Christ our Lord. Amen.



Spiritual Communion – Pentecost Sunday

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

O God, who by the mystery of today's great feast sanctify your whole Church in every people and nation, pour out, we pray, the gifts of the Holy Spirit across the face of the earth and, with the divine grace that was at work when the Gospel was first proclaimed, fill now once more the hearts of believers. Through our Lord Jesus Christ, your Son, 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 Apostles

2:1-11

When Pentecost day came round, they had all met in one room, when suddenly they heard what sounded like a powerful wind from heaven, the noise of which filled the entire house in which they were sitting; and something appeared to them that seemed like tongues of fire; these separated and came to rest on the head of each of them. They were all filled with the Holy Spirit, and began to speak foreign languages as the Spirit gave them the gift of speech.

Now there were devout men living in Jerusalem from every nation under heaven, and at this sound they all assembled, each one bewildered to hear these men speaking his own language. They were amazed and astonished. 'Surely' they said 'all these men speaking are Galileans? How does it happen that each of us hears them in his own native language? Parthians, Medes and Elamites; people from Mesopotamia, Judaea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya round Cyrene; as well as visitors from Rome – Jews and proselytes alike – Cretans and Arabs; we hear them preaching in our own language about the marvels of God.'

The Word of the Lord

A reading from the first letter of St Paul to the Corinthians

12:3-7,12-13

No one can say, 'Jesus is Lord' unless he is under the influence of the Holy Spirit.

There is a variety of gifts but always the same Spirit; there are all sorts of service to be done, but always to the same Lord; working in all sorts of different ways in different people, it is the same God who is working in all of them. The particular way in which the Spirit is given to each person is for a good purpose.

Just as a human body, though it is made up of many parts, is a single unit because all these parts, though many, make one body, so it is with Christ. In the one Spirit we were all baptised, Jews as well as Greeks, slaves as well as citizens, and one Spirit was given to us all to drink.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

**Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.**

Alleluia!

A reading from the holy Gospel according to John 20:19-23

In the evening of the first day of the week, the doors were closed in the room where the disciples were, for fear of the Jews. Jesus came and stood among them. He said to them, 'Peace be with you', and showed them his hands and his side. The disciples were filled with joy when they saw the Lord, and he said to them again, 'Peace be with you.

'As the Father sent me,
so am I sending you.'

After saying this he breathed on them and said:

'Receive the Holy Spirit.

For those whose sins you forgive,
they are forgiven;
for those whose sins you retain,
they are retained.'

The Gospel of the Lord

