

**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

May the heavenly nourishment we have received, O Lord, we pray, transform us into the likeness of your Son, whose radiant splendour you willed to make manifest in his glorious Transfiguration. Who lives and reigns for ever and ever. Amen.

Spiritual Communion Feast of The Transfiguration of the Lord Thursday 6 August 2020



Opening Prayer

O God, who in the glorious Transfiguration of your Only Begotten Son confirmed the mysteries of faith by the witness of the Fathers and wonderfully prefigured our full adoption to sonship, grant, we pray, to your servants, that, listening to the voice of your beloved Son, we may merit to become coheirs with him. Who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

A reading from the book of Daniel

7:9-10,13-14 .

As I watched:

Thrones were set in place
and one of great age took his seat.
His robe was white as snow,
the hair of his head as pure as wool.
His throne was a blaze of flames,
its wheels were a burning fire.
A stream of fire poured out,
issuing from his presence.
A thousand thousand waited on him,
ten thousand times ten thousand stood before him.
A court was held
and the books were opened.

I gazed into the visions of the night. And I saw, coming on the clouds of heaven, one like a son of man. He came to the one of great age and was led into his presence. On him was conferred sovereignty, glory and kingship, and men of all peoples, nations and languages became his servants. His sovereignty is an eternal sovereignty which shall never pass away, nor will his empire ever be destroyed.

The word of the Lord

OR

A reading from the second letter of Peter

1:16-19 .

It was not any cleverly invented myths that we were repeating when we brought you the knowledge of the power and the coming of our Lord Jesus Christ; we had seen his majesty for ourselves. He was honoured and glorified by God the Father, when the Sublime Glory itself spoke to him and said, 'This is my Son, the Beloved; he enjoys my favour.' We heard this ourselves, spoken from heaven, when we were with him on the holy mountain.

So we have confirmation of what was said in prophecies; and you will be right to depend on prophecy and take it as a lamp for lighting

a way through the dark until the dawn comes and the morning star rises in your minds.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

This is my Son, the Beloved:

he enjoys my favour.

Listen to him.

Alleluia!

A reading from the holy Gospel according to Matthew

17:1-9

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke



to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this the disciples fell on their faces overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order, 'Tell no one about the vision until the Son of Man has risen from the dead.'

The Gospel of the Lord