

**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 over the People

Pour out a spirit of compunction, O God, on those who bow before your majesty, and by your mercy may they merit the rewards you promise to those who do penance. Through Christ our Lord. Amen.

Concluding Prayer

May the Sacrament we have received sustain us, O Lord, that our Lenten fast may be pleasing to you and be for us a healing remedy.

Through Christ our Lord. Amen.

Spiritual Communion Ash Wednesday Wednesday 17 February 2021



Opening Prayer

Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. 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.

Joel

2:12-18

'Now, now – it is the Lord who speaks – come back to me with all your heart, fasting, weeping, mourning.' Let your hearts be broken, not your garments torn, turn to the Lord your God again, for he is all tenderness and compassion, slow to anger, rich in graciousness, and ready to relent. Who knows if he will not turn again, will not relent, will not leave a blessing as he passes, oblation and libation for the Lord your God?

Sound the trumpet in Zion! Order a fast, proclaim a solemn assembly, call the people together, summon the community, assemble the elders, gather the children, even the infants at the breast. Let the bridegroom leave his bedroom and the bride her alcove. Between vestibule and altar let the priests, the ministers of the Lord, lament. Let them say, 'Spare your people, Lord! Do not make your heritage a thing of shame, a byword for the nations. Why should it be said among the nations, "Where is their God?"'

Then the Lord, jealous on behalf of his land, took pity on his people.

The Word of the Lord

2 Corinthians

5:20-6:2

We are ambassadors for Christ; it is as though God were appealing through us, and the appeal that we make in Christ's name is: be reconciled to God. For our sake God made the sinless one into sin, so that in him we might become the goodness of God. As his fellow workers, we beg you once again not to neglect the grace of God that you have received. For he says: At the favourable time, I have listened to you; on the day of salvation I came to your help. Well, now is the favourable time; this is the day of salvation.

The Word of the Lord



Gospel Acclamation

Praise to you, O Christ, king of eternal glory!

**A pure heart create for me, O God,
and give me again the joy of your help.**

Praise to you, O Christ, king of eternal glory!

A reading from the holy Gospel according to Matthew

6:1-6,16-18

Jesus said to his disciples: 'Be careful not to parade your good deeds before men to attract their notice; by doing this you will lose all reward from your Father in heaven. So when you give alms, do not have it trumpeted before you; this is what the hypocrites do in the synagogues and in the streets to win men's admiration. I tell you solemnly, they have had their reward. But when you give alms, your left hand must not know what your right is doing; your almsgiving must be secret, and your Father who sees all that is done in secret will reward you.'



'And when you pray, do not imitate the hypocrites: they love to say their prayers standing up in the synagogues and at the street corners for people to see them; I tell you solemnly, they have had their reward. But when you pray, go to your private room and, when you have shut your door, pray to your

Father who is in that secret place, and your Father who sees all that is done in secret will reward you.

'When you fast do not put on a gloomy look as the hypocrites do: they pull long faces to let men know they are fasting. I tell you solemnly, they have had their reward. But when you fast, put oil on your head and wash your face, so that no one will know you are fasting except your Father who sees all that is done in secret; and your Father who sees all that is done in secret will reward you.'

The Gospel of the Lord