

SPIRITUAL COMMUNION

When unable to attend Mass



✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

OUR FATHER

Collect

Let the power of the Holy Spirit come upon me, O Lord, I beseech thee: that he may both mercifully cleanse my heart and defend me from all adversities. Through Christ our Lord. Amen.

The Epistle (Revelation 3:20)

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

The Gospel (St. John 15:5)

I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

Take a moment to think of the failures of the past week: recall any sins you have committed since your last Communion and offer them to Christ.

Act of Contrition

O God, I am very sorry that I have sinned against thee who art so good. Forgive me for Jesus' sake, and I will try to sin no more.

Act of Reception

In union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee

sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

Come Lord Jesus, dwell in thy servant in the fulness of thy strength, in the perfection of thy ways, and in the holiness of thy spirit, and rule over every hostile power in the might of thy Spirit, and to the glory of thy Father. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

Act of Praise and Thanksgiving

✠ Blessed, praised, and adored be Jesus Christ on his throne of glory in Heaven, and in the most Holy Sacrament of the Altar. Amen.

Anima Christi

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me;
Within thy wounds hide me;
Suffer me not to be separated from thee;
From the malicious enemy defend me;
In the hour of my death call me,
And bid me come to thee.
That with thy Saints I may praise thee
For ever and ever. Amen.

✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

Yr Angelus

Yn ein hatgoffa o'r Ymgnawdoliad

Yn arferol i'w lefaru ar ganol dydd, ond gellir ei ddefnyddio unwaith y dydd

Daeth angel a neges yr Arglwydd at Fair
ac ymddug hi o'r Ysbryd Glân

Henffych Well, Fair, llawn gras, yr Arglwydd sydd
gyda thi

Bendigedig wyt ymhlith gwragedd,
a bendigedig yw ffrwyth dy groth, Iesu
*[Sanctaidd Fair, Fam Duw, gweddïa drosom ni
bechaduriaid
yr awr hon ac yn awr ein hangau]*

“Wele, wasanaethyddes yr Arglwydd:
Bydded i mi yn ôl Dy air.”

Henffych Well, Fair....

A'r Gair a wnaethpwyd yn gnawd
ac a drigodd yn ein plith ni

*[Gweddïa drosom, Sanctaidd Fam Duw,
i ni fod yn deilwng o addewidion Crist.]*

O Arglwydd erfyniwn arnat, dywallt dy ras yn ein
calonnau; megis y bu i ni wybod am
Ymgnawdoliad dy Fab Iesu Grist trwy genadwri
angel, fod inni trwy ei groes † a'i ddiodefaint
gael ein dwyn i ogoniant ei atgyfodiad; trwy'r un
Iesu Grist Ein Harglwydd. **Amen**

The Angelus

A memorial of the Incarnation

*The Angelus is traditionally observed at midday, but it may
be said once a day.*

The angel of the Lord brought tidings to Mary
and she conceived by the Holy Spirit

Hail Mary, full of grace, the Lord is with you.
Blessed are you among women,
and blessed is the fruit of your womb, Jesus.
*[Holy Mary, Mother of God, pray for us sinners,
now, and at the hour of our death]*

“Behold, the handmaid of the Lord:
Let it be to me according to your word.”

Hail Mary...

The Word was made flesh
and dwelt among us

Hail Mary...

*[Pray for us, O holy Mother of God, that we may
be made worthy of the promises of Christ]*

We beseech you O Lord, to pour your grace into
our hearts; that as we have known the
Incarnation of your Son Jesus Christ by the
message of an angel, so by his cross † and
blessed passion we may be brought to the glory
of his resurrection; through Jesus Christ Our
Lord. **Amen**

The Readings for Holy Week

<p>Palm Sunday <i>Eucharist:</i> Isaiah 50. 4-9a; Psalm 31. 9-16, [17, 18]; Philipians 2. 5-11; Matthew 26.14 – 27.66 <i>Morning Prayer:</i> Psalm 80; Isaiah 5. 1-7; Matthew 21. 33-46 <i>Evening Prayer:</i> Psalm 61; 62; Zechariah 9. 9-12; Luke 16. 19-31</p> <p>Monday of Holy Week <i>Morning Prayer:</i> Psalm 41; Lamentations 1. 1-12a; Luke 22. 1-23 <i>Evening Prayer:</i> Psalm 25; Lamentations 2. 8-19; Colossians 1. 18-23</p> <p>Tuesday of Holy Week <i>Morning Prayer:</i> Psalm 27 Lamentations 3. 1-18 Luke 22. [24-38,] 39-53</p>	<p><i>Evening Prayer:</i> Psalm 55. 12-22; Lamentations 3. 40-51; Galatians 6. 11-18</p> <p>Wednesday of Holy Week <i>Morning Prayer:</i> Psalm 102; Jeremiah 11. 18-20; Luke 22. 54-71 <i>Evening Prayer:</i> Psalm 88; Isaiah 63. 1-9; Revelation 14.18 – 15.4</p> <p>Maundy Thursday <i>Morning Prayer:</i> Psalm 39 Leviticus 16. 2-24 Luke 23. 1-25 <i>Evening Prayer:</i> Psalm 42, 43 Exodus 11 Ephesians 2. 11-18</p> <p>Good Friday <i>Morning Prayer:</i> Psalm 130; 143; Genesis 22. 1-18; John 19. 38-42 <i>Evening Prayer:</i> Psalm 69 ; Lamentations 5. 15-22; Hebrews 10. 1-10</p>	<p>Holy Saturday <i>Morning Prayer:</i> Psalm 142; Hosea 6. 1-6; John 2. 18-22 <i>Evening Prayer:</i> Psalm 116; Job 19. 21-27; 1 John 5. 5-12</p> <p>Easter Day <i>Eucharist:</i> Jeremiah 31. 1-6; Psalm 118.14-24; Acts 10. 34-43; John 20. 1-18 <i>Morning Prayer:</i> Psalm 114; 117; Song of Solomon 3.2 – 5; 8. 6-7; Revelation 1. 12-18 <i>Evening Prayer:</i> Psalm 105; Exodus 14. 10-18, 26 – 15.2; Revelation 15. 2-4</p>
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