

Dear Brothers and Sisters,

As we all know these are very difficult times. There is a lot of uncertainty as to what is going to happen next and fear about the Coronavirus. As I said this past weekend what God desires of us is that we trust Him and to know that He is with us.

People have been asking what to do if they are not able to attend mass. Below is a prayer called the Act of Spiritual Communion. Saint Thomas Aquinas described Spiritual Communion as an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him at a time or in circumstances when we cannot receive him in Sacramental Communion. If you are not able to attend mass, I encourage you to pray this prayer.

God Bless

Fr. Tony

### **ACT OF SPIRITUAL COMMUNION**

#### **SAINT ALPHONSUS LIGOURI**

My Jesus, I believe that you are truly present in the Most Blessed Sacrament. I love You above all things and I desire to possess You within my soul. Since I am unable at this moment to receive You sacramentally, come at least spiritually into my heart. I embrace You as being already there and unite myself wholly to You. Never permit me to be separated from You. Amen.