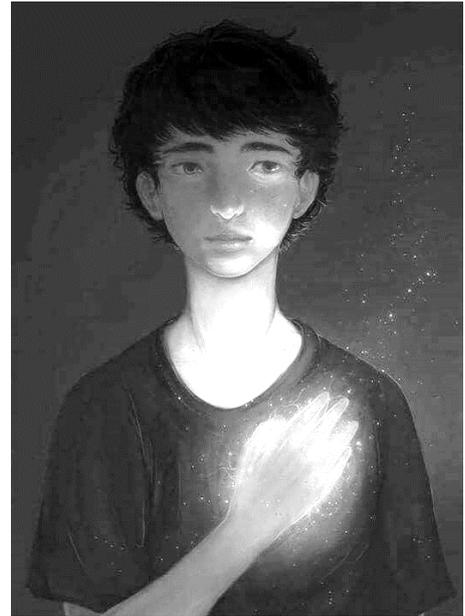


SPIRITUAL COMMUNION

This service of Communion is part of our Anglican tradition and is used by one who is unable to receive the Sacrament physically. Over this time of Sabbath, it seems very appropriate.

Find a peaceful, quiet place to sit. Use the gift of your breath to settle your spirit before you begin.

You may want to spiritually 'accessorize' your place with a symbol that reminds you of Jesus. Like a candle, a smooth stone, a sprig of spekboom growing quietly in a vial of water, a photograph or icon... Whatever feels appropriate for you.



1 A Preparation for Communion

You may want to sing a verse from one of your favourite hymns or select from the sheet provided in your Sabbath Pack.

2 Remembering God's Presence

The Lord is close to anyone who calls upon him. *Psalm 145:18.*

Be still and know that I am God. *Psalm 46:10.*

Lord, silence all voices in my heart but yours.

3 Gratitude: Recall what has blessed you recently and filled your heart with joy. Then pray (as many times as you wish),

Praise the Lord, O my soul, and forget not all God's benefits. *Psalm 103:2.*

- 4 Penitence:** Recall ways in which you have sinned in thought, word and deed. Then pray (as many times as you wish),

Lord Jesus Christ, Son of the living God,
have mercy on me.

5 The Word of God

Choose the Eucharist Gospel Reading for the day included in your Sabbath Pack.

Read the Gospel slowly. Dwell upon any words or phrases that strike you. Allow God to speak.

6 Pray for Others, the World, Creation, and Yourself

If you have An Anglican Prayer Book, there are 'Prayers and Thanksgivings for Various Occasions' on page 79.

*Pray as you can. God's Spirit prays within you.
Angels long to come to minister to you, as they did to Jesus.
Open your heart to them.*

Hear these words of a Desert Father:

If, in the course of your prayers,
you feel a special joy
or are moved in the heart by something,
stay with it for a while.

It is a sign that your guardian angel has come
and begun to pray with you. **Abba John Kimakos,**

Now put this leaflet down and pray.

7 Christ's Gift of Himself

As they came near the village to which they were going, Jesus walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So, he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him. **Luke 24:28-31a.**

Almighty and everlasting God
we approach the sacrament
of your only begotten Son
our Lord Jesus Christ;

As vulnerable and fragile, we come to the One
who said, 'Take heart. It is I. Do not be afraid.'

As sick, we come to the physician of life;
As unworthy, to the fountain of compassion;
As blind, to the light of eternal splendour;
As needy, to the Lord of heaven and earth;
As naked, to the King of glory.

As human, to the One born of Mary. **Amen.**

8 The Meditative Act of Spiritual Communion

Receive Christ into your heart, mind, body and soul.

Come into my heart, Lord Jesus.

Or

Jesus, may all that is you flow into me.
May your body and blood be my food and drink.
May your passion and death be my strength and life.
Jesus, with you by my side enough has been given.
May the shelter I seek be the shadow of your cross.

Let me not run from the love which you offer
but hold me safe from the forces of evil.
On each of my dyings shed your light and your love.
Keep calling to me until that day comes
when, with your saints, I may praise you for ever. Amen.

Or

Jesus, be in my head and in my thinking
On my lips and in my speaking
In my heart and in my loving
Across my life and in my living. Amen.

9 **Whenever you are ready**
Rise from this experience