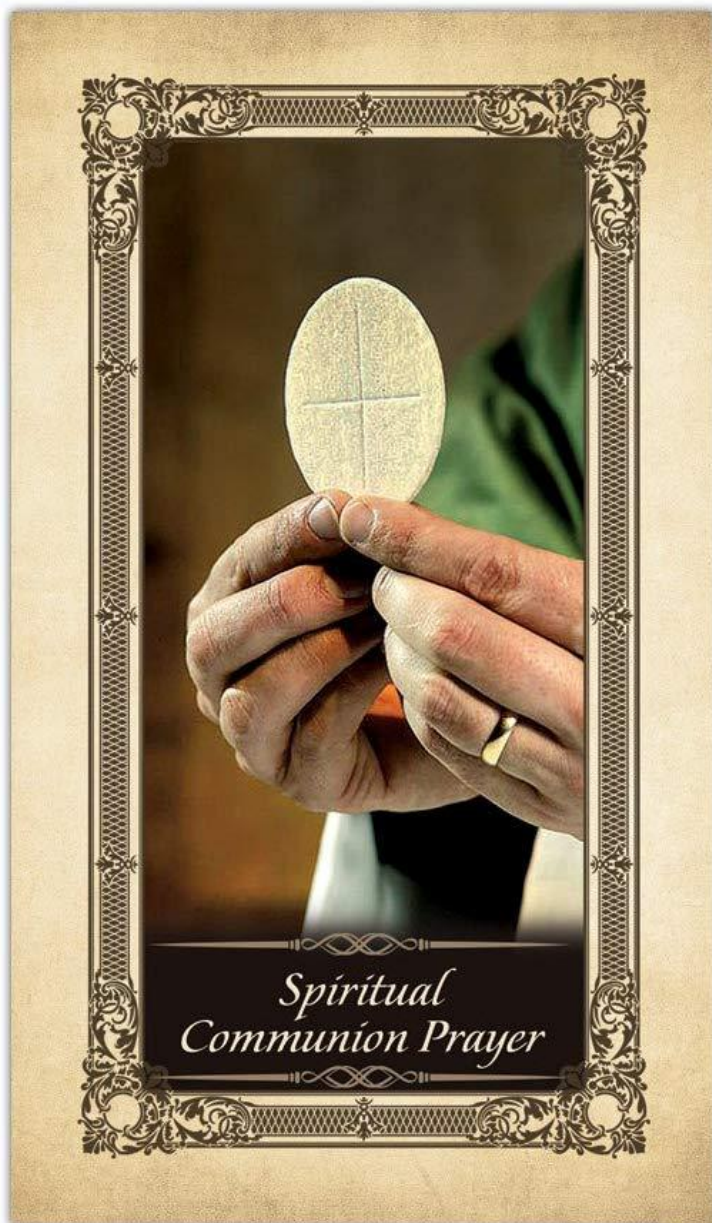


Since we currently aren't able to receive the Eucharist at Mass, we can pray the **'Spiritual Communion Prayer'** while watching a televised Mass. It allows us to unite ourselves to God through prayer.



Spiritual Communion Prayer

My **Jesus**, I believe that
You are present in the
Most **Holy Sacrament**.
I love You above all
things, and I desire to
receive You **into my soul**.

Since I cannot at
this moment receive You
sacramentally, come at
least spiritually **into my heart**.

I embrace You as
if You were already
there and unite myself
wholly to You.

**Never permit me to be
separated from You.**

Amen.