



An Act of Spiritual Communion

My Dearest 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.

Sunday Obligation and Spiritual Communion

If you are sick, you are not obligated to participate in Sunday Mass. However, to the best of your ability, you are encouraged to spend time in prayer, giving thanks to God and praying for the needs of the world and your needs. Consider the following:

- Read your Bible
- Read the Sunday readings
and listen to the reflection
<http://www.usccb.org/bible/reflections/>
- Pray the Liturgy of the Hours
using the Laudate app for mobile devices, which includes prayers, daily readings, etc.



Diocese of Austin