An Act of Spiritual Communion

Text: St. Alphonsus Liguori

Music: Andrew Puntel
Guna Pantele
Reverend Monsignor Michael J. Matz

For the Celebration of the
Easter Season Livestream Masses at
St. John Neumann Parish, Bryn Mawr.

Offered freely for
Parish and Community Liturgical Ministry
during the COVID-19 Pandemic.

Saint Camillus de Lellis,
patron of hospitals, nurses, and the sick

pray for us.
An Act of Spiritual Communion

Text: St. Alphonsus Liguori

Music: Andrew Puntel, Guna Pantele, and Rev. Msgr. Michael J. Matz

with reverent devotion $\frac{d}{4} = 50$

Melody

Harmony

Piano/Organ

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

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I love you above all things, and I desire to receive you into my soul

When you do not receive Communion and you do not attend Mass, you can make a spiritual Communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.

Saint Teresa of Jesus

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An Act of Spiritual Communion

Since I cannot at this moment receive you **sac-ra-men-ta-ly**, come at least spiritually **in - to my heart.**

“When we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to the church, let us turn towards the tabernacle; no wall can shut us out from the good God.”

St. Jean-Marie Vianney
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I embrace You as if You were al-ready there and unite myself whol-ly to You.

"...an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him."

St. Thomas Aquinas
“Even in cases where it is not possible to receive sacramental communion, participation at Mass remains necessary, important, meaningful and fruitful. In such circumstances it is beneficial to cultivate a desire for full union with Christ through the practice of spiritual communion, praised by Pope John Paul II and recommended by saints who were masters of the spiritual life” (no. 55).

Pope Benedict XVI
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you can make a spiritual Communion, which is a most beneficial practice;
by it the love of God will be greatly impressed on you.

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Saint Alphonsus Liguori

Andrew Puntel, Guna Pantele, Rev. Msgr. Michael J. Matz

My Jesus, I believe that You
are present in the Most Holy Sac - ra - ment.
I love you above all things,
and I desire to receive you in - to my soul

Since I cannot at this moment
receive you sac-ra-men-ta - lly,
come at least spiritually in - to my heart

I embrace You as if You were al - read - y there
and unite my - self whol - ly to You.

Never per - mit me
to be sepa - rat - ed from You. A - men.
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When you do not receive Communion and you do not attend Mass, you can make a spiritual Communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.

Saint Teresa of Jesus

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 come at least spiritually into my heart receive you sacramentally,

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

Never permit me to be separated from You. Amen.