

Pope Francis, addressing the people of Italy and the world, recently said that “in the present situation, in which we find ourselves living more or less isolated, we are invited to rediscover and deepen the value of the communion that unites all the members of the church.” He reminded them that, “united to Christ we are never alone, we form one body, of which he is the head,” and explained that “it is a union that is nourished with prayer, and also with ***spiritual communion*** in the Eucharist, a practice that is much recommended when it is not possible to receive the sacrament. I say this to everyone, and especially to those living alone.”

When circumstances are out of our control and we are unable to attend Mass, we are encouraged to engage in spiritual Communion, described by St. Thomas Aquinas as "an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him." St. Alphonsus Liguori offered a prayer to express this:

***My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. ... I adore you in the Sacrament of your love, the ineffable Eucharist. Amen***