

Regarding Spiritual Communion

An excerpt from a beautiful article written by Abbot Jerome Kodell, OSB (Subiaco Abbey) for the *Arkansas Catholic* regarding Spiritual Communion

In his encyclical, *Ecclesia de Eucharistia*, Pope [St] John Paul II encouraged the practice of spiritual communion, “which has been a wonderful part of Catholic life for centuries and recommended by saints who were masters of the spiritual life” (*EdE*, 1, April 17, 2003).

Pope Emeritus Benedict XVI also encourages us to make spiritual communions when circumstances occur that prevent sacramental Communion. “In such circumstances it is beneficial to cultivate a desire for full union with Christ through the practice of spiritual communion, praised by Pope [St] John Paul II and recommended by saints who were masters of the spiritual life” (*Sacramentum Caritatis*, 55)

What is spiritual communion? St. Thomas Aquinas described it as “an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him” at a time or in circumstances when we cannot receive him in sacramental Communion.

Spiritual Communion Prayer attributed to St. Alphonsus Liguori:

**My Jesus, I believe that you are present in the Blessed Sacrament.
I love you above all things and I desire you with all my heart.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
I embrace you as if you were already in my heart
And unite myself to you completely.
Please do not let me ever be separated from you.**

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