



“AT A DISTANCE”
The Spiritual Communion Ceremony
(Armed Forces Prayer Book)

Greetings and Blessings Saints,

This "Spiritual Communion" Service is found in the Armed Forces Prayer Book. This Ceremony is a perfect spiritual companion for these times when we are separated from each other and from Sacramental Communion. Also, as you will see and hear, it takes us back to our traditional theological and linguistic roots using classic Anglican language and imagery. Blessings and thanks to our Bishop Greg for reminding us of this most blessed resource for use in troubled times.

Stay strong, stay healthy, stay connected, stay home.

Always,

Father Joe

Spiritual Communion

If on any Sunday or other Day of Obligation, you are prevented from making your Communion, make an act of Spiritual Communion, after the following manner:

Kneel down, and say:

In the name of the Father, and of the Son, and of the Holy Ghost, Amen.

Then read the Collect for the day, the Epistle, and the Holy Gospel.

Rise and say the Nicene Creed.

I believe in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten Son of God; Begotten of His Father before all worlds, God of God, Light of Light, Very God of very God; Begotten, not made; Being of one substance with the Father; By whom all things were made: Who for us men and for our salvation came down from heaven, and was incarnate by the Holy Ghost of the Virgin Mary, and was made man: And was crucified also for us under Pontius Pilate; He suffered was buried: And the third day He rose again according to the Scriptures: And ascended into heaven, And sitteth on the right hand of the Father: And he shall come again, with glory, to judge both the quick and the dead; Whose kingdom shall have no end.

And I believe in the Holy Ghost, The Lord, and Giver of Life, Who proceedeth from the Father and the Son; Who with the Father and the Son together is worshipped and glorified; Who spake by the Prophets: And I believe one Catholic and Apostolic Church: I acknowledge one Baptism for the remission of sins: And I look for the Resurrection of the dead: And the Life of the world to come. Amen.

Kneel and read the Confession

Almighty God, Father of our Lord Jesus Christ, Maker of all things, Judge of all; We acknowledge and bewail our manifold sins and wickedness, Which we, from time to time, most grievously have committed, By thought, word, and deed, Against Thy Divine Majesty, Provoking most justly Thy wrath and indignation against us. We do earnestly repent, And are heartily sorry for these our misdoings: The remembrance of them is grievous unto us; The burden of them is intolerable. Have mercy upon us, Have mercy upon us, most merciful Father; For Thy Son our Lord Jesus Christ's sake, Forgive us all that is past; And grant that we may ever hereafter Serve and please Thee In newness of life, To the honour and glory of Thy Name; Through Jesus Christ our Lord. Amen.

Then say: The Almighty and merciful Lord, grant me pardon and absolution of all my sins. Amen.

Read the Comfortable Words, Preface, and Sanctus.

Hear what comfortable words our Saviour Christ saith unto all who truly turn to Him.

Come unto Me, all ye that travail and are heavy laden, and I will refresh you. St. Matt. xi. 28.

So God loved the world, that He gave His only-begotten Son, to the end that all that believe in Him should not perish, but have everlasting life. St. John iii. 16.

Hear also what Saint Paul saith.

This is a true saying, and worthy of all men to be received, That Christ Jesus came into the world to save sinners. 1 Tim. i. 15.

Hear also what Saint John saith.

If any man sin, we have an Advocate with the Father, Jesus Christ the Righteous; and He is the Propitiation for our sins. 1 St. John ii. 1, 2.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify Thy glorious Name; evermore praising Thee, and saying,

HOLY, HOLY, HOLY, Lord God of hosts, Heaven and earth are full of Thy glory: Glory be to Thee, O Lord Most High. Amen.

Then say:

In union, O Lord with the faithful at every altar of Thy Church, where the Holy Eucharist is now being celebrated, I desire to offer Thee praise and thanksgiving. I present to Thee my soul and body with the earnest wish that may always be united to Thee. And since I can not now receive Thee sacramentally, I beseech Thee to come spiritually into my heart. I unite myself to Thee, and embrace Thee with all the affections of my soul. Let nothing ever separate Thee from me. May I live and die in Thy love. Amen.

Spend a few moments in meditation upon the fact that God so loved you that He sent His Only-Begotten Son into the world for you. Recite the Lord's Prayer and afterward say:

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with me always. Amen.