

He also told Blessed Jane of the Cross, that each time that she Communicated Spiritually, she 'Received' a Grace of the same kind as the one that she 'Received' when she really Communicated.

Above all, it will suffice for us to know, that the Holy Council of Trent (Session 13, C. 8), greatly 'praises' Spiritual Communions, and 'encourages' the Faithful to practice them.

All those, who desire to advance in the Love of Jesus Christ, are exhorted to make a Spiritual Communion at least once, in every visit that they pay to the Most Blessed Sacrament, and at every Mass that they Hear; and it would even be better, on these occasions, to repeat the Communions three times, that is to say, at the Beginning, in the Middle, and at the End. This Devotion is far more profitable than some suppose, and at the same time, nothing can be easier to practice.

The above named Blessed Jane of the Cross used to say that a Spiritual Communion can be made, without anyone remarking on it, without Fasting, without the permission of our Spiritual Director, and that we can make it, at any time we please; an Act-of-Love, does all.

An Act of Spiritual Communion



"Any devout person, may at any Hour, on any Day, Receive Christ in Spiritual Communion, profitably and without hindrance . . .

For as often as he devoutly calls to mind, the Mystery and Passion of the Incarnate Christ, and is inflamed with Love for Him, he Communicates Mystically, and is Invisibly Refreshed."

St. Thomas à Kempis

As in all Visits to the Most Blessed Sacrament, a Spiritual Communion is 'recommended'; it will be well to explain what it is, and the great advantages, which result from its practice.

A Spiritual Communion, according to St. Thomas à Kempis, consists in an Ardent Desire to receive Jesus, in the Most Holy Sacrament, and in Lovingly Embracing Him, as if we had actually 'Received' Him.

How pleasing these Spiritual Communions are to God; and the many Graces which He 'Bestows' through their means, was manifested by Our Lord Himself, to Sister Paula Maresca, the Foundress of the Convent of Saint Catherine of Sienna, in Naples, when (as it is related in her life) He showed her two Precious Vessels, the One of Gold, the Other of Silver. He then told her that in the Gold Vessel, He 'preserved' her Sacramental Communions, and in the Silver one, her Spiritual Communions.

Act of Spiritual Communion

By St. Alphonus Liguori

**My Jesus,
I Believe that Thou art Present
in the Blessed Sacrament.
I Love Thee above all things,
and I Desire Thee in my Soul.**

**Since I cannot now Receive
Thee Sacramentally,
come at least Spiritually,
into my Heart,
as though Thou wert already there.
I Embrace Thee
and Unite myself Wholly to Thee;
Permit not that I should ever
be Separated from Thee.
Amen.**