

Act of Spiritual Communion



From 24th March, 2020, St. Joseph Church, Milngavie has been ordered to close completely until further notice, and therefore, it will not be possible to call in for private prayer. However, you can still take great solace that, in the absence of Holy Mass and the distribution of Holy Communion, you can make an **Act of Spiritual Communion** even at home, by reciting the following prayer:

“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. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You”.

We can also recite this prayer at Holy Communion time during streamed Masses at home by linking into any of the daily Masses at St. Andrew's Cathedral Masses, Glasgow. Simply click the link button at the top of the Homepage on our website.

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