

Spiritual Communion for Sundays during the Coronavirus emergency

At this time when we are not able to gather together in Church to celebrate the Eucharist, we are encouraged to join together, either at 8.00 am or at 9.30 am, with the intention of being in Spiritual Communion with our Lord and with one another.

The Book of Common Prayer makes clear that the Office of Communion of the Sick teaches what the Church of England believes, as follows:

If a man (or woman), either by reason of extremity of sickness... or by any other just impediment, do not receive the Sacrament of Christ's Body and Blood, the Curate (Vicar) shall instruct him, that if he do truly repent him of his sins, and steadfastly believe that Jesus Christ hath suffered death upon the Cross for him, and shed his Blood for his redemption, earnestly remembering the benefits he hath thereby, and giving him hearty thanks therefore, he doth eat and drink the Body and Blood of our Saviour Christ profitably to his Soul's health, although he do not receive the Sacrament with his mouth.

With this in mind, the following is a suggested prayer that we may use at home, remembering that at the same time, the Holy Sacrament is being consecrated on behalf of us all.

Everyone is encouraged to join in this simple, but profound, sharing together, remembering the common bond which binds us all, the eternal and unfailing love of God through our Saviour, Jesus Christ.

Adapted from
Take, Bless, Break, Share
Liturgies for celebration at home,
without the need for an ordained minister to be present



The Body of Christ

If Jesus Christ is indeed God's presence in the world and if he has called all women and men to share in his redeeming work, then the Eucharist is central. The Eucharist is in fact not only the presence of Christ in the bread and wine, but the presence of the Risen Christ in the Christian community.

It is suggested that we might have before us something to eat and drink as we pray together as the family of St Mary's

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

We have come to this day through darkness
and through moments of light.

Always we have travelled with the hope
that lies in the shared human journey.

We take a few moments to reflect

For all the times when we have turned away from you,
Lord, have mercy.

Spirit of God,
we believe you have redeemed us.

Forgive us our faults and failings.

Help us to live and work towards wholeness and holiness.

God is Good.

On all who yearn to move
from guilt to grace

from fear to trust

from resentment to love

God pronounces forgiveness and gives peace.

Thanks be to God.

A reading from St Paul's First letter to the Corinthians
Chapter 11, verses 23-26

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me. In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

A prayer of thanksgiving, as we remember all that Jesus has done for us, in giving his body and shedding his blood for our salvation.

Lord Jesus Christ, present with us now,
as we remember what you did in an upstairs room,
and what is now being celebrated in St Mary's
as bread and wine are consecrated on our behalf,
breathe your Spirit upon us as we join in spirit
with each other and with you,
that we may be your body on earth,
loving and caring in the world.
Amen.

If you have some food and drink before you, consume them now, mindful that together, we are the Body of Christ.

Let us eat to remember our daily bread
and our daily life together.
May God hallow the small and ordinary things of life,
though his blessing.

Let us drink to remember the joys and sorrows we share
through which we grow together.

As our Saviour has taught us, let us pray

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come,
thy will be done in earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, the power,
and the glory, for ever and ever.
Amen.

God of love,
we thank you for the gift of food on our table,
for the fellowship of our friends,
for the forgiveness you grant us
and for the unending love you show us.

It is through Christ,
with Christ, in Christ,
in the unity of the Holy Spirit,
that all honour and glory is yours,
almighty Father,
for ever and ever.
Amen.

May the grace of our Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit,
be with us all, now and always.
Amen.