



In these challenging times, let us unite ourselves with each other, to the Lord and our Most Blessed Mother.

AN ACT OF SPIRITUAL COMMUNION

My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You. AMEN

AN EXPLANATION OF SPIRITUAL COMMUNION

Since we are not able to attend Mass because of the current Diocesan directives, we can make a spiritual Communion, inviting Jesus into one's heart and soul when receiving the actual sacrament isn't possible. St. Thomas Aquinas describes Spiritual Communion as "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received him." Let us approach the days ahead of us in Spiritual Communion as the Body of Christ wherever we are.

The Catholic Faith Network (CFN) will provide televised and online daily Masses from St. Agnes Cathedral in Rockville Centre, including Holy Week and Easter liturgies, as well as other devotional and spiritual programs. (Optimum channel 29/137, Verizon FiOS TV channel 296, Spectrum channel 162/471.) CFN is also available on select cable and satellite systems and through 27/4 live stream at CFNtv.org. You may also watch CFN on Roku, Apple TV, Amazon Fire TV, Android or by downloading the CFN iOS mobile app at the app store by searching "Catholic Faith Network" or "CFN."

