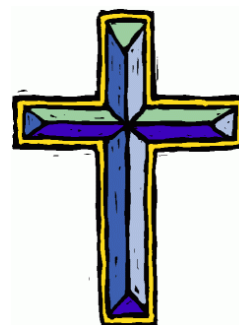


The United Benefice of St John the Baptist, Shedfield and St Nicholas, Wickham

A service of Spiritual Communion for use during the coronavirus pandemic



The Covid-19 pandemic means that it is not always possible for holy communion to be celebrated in our churches. Using the national Church of England's recommended liturgy as its guide, the ministry team has prepared this short act of Spiritual Communion for you to use at home.

Introduction

'Spiritual Communion' is a term used to describe a service of private devotion for use when a person is prevented for some serious reason from sharing in a celebration of the Eucharist. It is an opportunity to celebrate and give thanks for our communion with Jesus Christ, particularly at times like these when we would usually have been able to do this with others in church.

In preparation for the act of Spiritual Communion, you may wish to find a special space for prayer with a cross or a candle. You might choose to make your Spiritual Communion at a particular time of day, or after viewing a streamed service online.

A service of Spiritual Communion

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

The Lord is here.
His Spirit is with us.

Take time to reflect on the day and your relationships

What good things have come from God today?

Where have I fallen short?

How might I act differently tomorrow?

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

Words from Scripture

You might read and reflect on the day's Collect, Epistle and Gospel, all of which can be found at <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/prayer-and-worship/worship-texts-and-resources/common-worship/churchs-year/lectionary>

or

Read the following:

Revelation 3.20

Behold I stand at the door and knock: if anyone hears my voice and opens the door, I will come into him and eat with him and he with me.

Psalm 62

On God alone my soul in stillness waits; from him comes my salvation.
He alone is my rock and my salvation,
my stronghold so that I shall never be shaken.

John 6.35

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'

Pray...

...for the needs of the world ...for the local community...for those close to you.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
on 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.

Give thanks for the saving death and resurrection of Jesus and ask him to be with you now

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.

Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.

O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.

Amen.

(after the Prayer of St Richard of Chichester)

You might then use one or more of the following prayers

Lord Jesus Christ,
you said to your disciples, 'I am with you always'.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself, and keep me in your care.
Amen.

O God, help me to trust you;
help me to know that you are with me;
help me to believe that nothing can separate me from your love
revealed in Jesus Christ our Lord.
Amen.

Lord,
in these days of mercy, make us quiet and prayerful;
in these days of challenge, make us stronger in you;
in these days of emptiness, take possession of us;
in these days of waiting, open our hearts to the mystery of your cross.

(Angela Ashwin)

The Prayer of General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you most humble and hearty thanks for all your goodness and loving kindness. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory. And give us, we pray, such a sense of all your mercies that our hearts may be unfeignedly thankful, and that we show forth your praise, not only with our lips but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be all honour and glory, for ever and ever. Amen.

The Lord bless us, and preserve us from all evil, and keep us in eternal life. Amen.

This service draws on material available cited in the Church of England's *Guidance on Spiritual Communion and Coronavirus*, available at <https://www.churchofengland.org/sites/default/files/2020-03/Guidance%20on%20Spiritual> [accessed 1 June 2020].