**The Churches of the Good Shepherd and St Saviour on the Cliff**

**An Act of Spiritual Communion**

*when unable to attend Mass*

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

***Our Father …***

Let the power of the Holy Spirit come upon me, O Lord,

that he may both cleanse my heart,

and defend me from all that would harm me.

In Jesus’ name.

Amen.

*Take a few minutes’ reflection to think of the times you have failed to live as the Lord would wish*

*us to live, giving thanks always for his forgiving love and acceptance of who we are.*

Lord my God,

I am sorry for the times I have failed to live your love in the world,

but offer thanks for your forgiveness and acceptance.

Through Christ our Lord.

Amen.

*From the Gospel according to John*

**Jesus says,**

**I am the Vine, you are the branches.**

**Whoever remains in me, with me in him, bears fruit in plenty.**

**For cut off from me you can do nothing.**

*An Act of Spiritual Reception*

In union, dear Lord Jesus, with the faithful at every altar of your Holy Church

where the blessed Body and Blood are being offered to the Father,

I desire to offer you praise and thanksgiving.

I believe you are truly present in the Holy and Blessed Sacrament,

and since I cannot at this time receive you sacramentally,

I beseech you to come spiritually into my heart,

I unite myself to you with the love of all my heart

and in the depths of my soul.

Let me never be separated from you,

that in all things I may live to your glory

and into the eternity of your love,

and may the Body and Blood of our Lord Jesus Christ

preserve my body and soul unto everlasting life.

Amen.

Blessed, praised and adored be Jesus Christ on his throne of glory,

and in the Most Holy Sacrament of the Altar.