

## Spiritual Eucharist

Social distancing makes us keenly aware of real absence and our yearning for the real presence of Christ, an experience we share with Christians through the ages. **To respond when we cannot celebrate eucharist, Christian tradition offers us the practice of spiritual communion.** St. Thomas Aquinas explains this as “an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him” at times when it is not possible to receive the sacramental elements.

*"In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated, I desire to offer to you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. Since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and in the life to come. Amen. "*