

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.

A PRAYER BY POPE FRANCIS TO OUR LADY, HEALTH OF THE SICK, TO IMPORE HER PROTECTION DURING THE COVID-19 CORONAVIRUS PANDEMIC

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need.

We are certain that you will provide, so that,
as you did at Cana of Galilee,
joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love,
to conform ourselves to the Father's will
and to do what Jesus tells us:

He who took our sufferings upon Himself,
and bore our sorrows to bring us,
through the Cross,
to the joy of the Resurrection.

Amen.

We seek refuge under your protection,
O Holy Mother of God.

Do not despise our pleas –
we who are put to the test –
and deliver us from every danger, O Glorious and Blessed Virgin.

