



ST BARTHOLOMEW'S
B R I G H T O N

A RITE FOR
SPIRITUAL COMMUNION
ON WEEKDAYS
& OTHER PRAYERS

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A RITE FOR SPIRITUAL COMMUNION

Fr Ben will be offering Mass Monday to Thursday at 12noon and on Saturdays at 9.30am. This rite is provided as a way for you to unite yourself spiritually to that Eucharistic celebration. However, please feel free to use it any time of day.

To prepare yourself find a place of quiet, if you are able, and light a candle by a crucifix or other Christian image and have a moment of silence.

INTRODUCTION & PENITENTIAL RITE

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

Take a moment for an examination of your conscience and confess your sins:

**I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have failed to do,**

(and, striking their breast, they say:)

**through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.**

**Grant, we beseech you, merciful Lord,
to your faithful people pardon and peace;
that we may be cleansed from all our sins,
and serve you with a quiet mind;
through Jesus Christ our Lord. Amen.**

Lord, have mercy.	<i>or</i>	Kyrie, eleison.
Christ, have mercy.		Christe, eleison.
Lord, have mercy.		Kyrie, eleison.

THE GLORIA IN EXCELSIS *(On feasts and solemnities)*

**Glory to God in the highest,
and peace to his people on earth.**

**Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father. Amen.**

THE READINGS

Take some time to read through the readings of the day, confident that God will reveal his will for the Church and for you personally through Scripture. The references for the readings can be found in the monthly sheet.

THE CREED *(On solemnities)*

**We believe in one God, the Father, the Almighty,
maker of heaven and earth,
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
of one Being with the Father;
through him all things were made.**

For us and for our salvation he came down from heaven,

(we bow our heads for the next two lines:)

**was incarnate from the Holy Spirit and the Virgin Mary
and was made man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried.**

On the third day he rose again

in accordance with the Scriptures;
he ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and his kingdom will have no end.

We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is worshipped and glorified,
who has spoken through the prophets.
We believe in one holy catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
and the life of the world to come. Amen.

THE PRAYER OF THE FAITHFUL

Use this time to pray for the needs of the Church, the world, the nation, our parish, all affected by the pandemic, the sick and the departed ending with the Lord's Prayer:

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.

AN ACT OF SPIRITUAL COMMUNION

This is the time to reflect on God's continual gift of himself in the Eucharist to feed and nourish us. While we are unable to physically participate and partake of the Sacrament, we use this time nevertheless to focus on that gift, which he continues to feed us with spiritually and offer the prayer with which to make a spiritual act of Communion:

In union, O Lord with the faithful at every altar of thy Church, where the Holy Eucharist is now being celebrated, I desire to offer thee praise and thanksgiving. I present to thee my soul and body with the earnest wish that may always be united to thee. And since I can not now receive thee sacramentally, I beseech thee to come spiritually into my heart. I unite myself to thee, and embrace thee with all the affections of my soul. Let nothing ever separate thee from me. May I live and die in thy love. Amen.

CONCLUSION OF THE RITE

The Lord bless us, and keep us from all evil, and bring us to everlasting life. Amen.

THE ANGELUS & REGINA CAELI

It is the tradition of the Church to pray the Angelus at midday. This is a chance for us to pause, reflect on Our Lady saying 'yes' to God and the wonder of the incarnation and the birth of Jesus. During Eastertide (Easter Sunday until Pentecost), this changes to the Regina Caeli as we rejoice with Mary at the Resurrection.

THE ANGELUS

The Angel of the Lord brought tidings to Mary.

And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Behold the handmaid of the Lord.

Be it unto me according to thy word.

Hail Mary...

And the Word was made Flesh.

And dwelt among us.

Hail Mary...

Pray for us, O holy Mother of God.

That we may be made worthy of the promises of Christ.

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that as we have known the Incarnation of thy Son, Jesus Christ, by the message of an angel, so by his Cross and Passion may we be brought to the glory of his Resurrection. Through the same Christ Our Lord. Amen.

REGINA CAELI

Joy to thee, O Queen of Heaven, alleluia.

He whom thou wast meet to bear, alleluia.

As he promised, hath arisen, alleluia.

Pour for us to him thy prayer, alleluia.

Rejoice and be glad, O Virgin Mary, alleluia.

For the Lord has risen indeed, alleluia.

O God, by the Resurrection of your Son, our Lord Jesus Christ, you have brought joy to the whole world: grant that, by the help of his mother, the Virgin Mary, we may obtain the joys of everlasting life; through Christ the Lord. Amen.

PRAYERS TO OUR LADY

PRAYER TO OUR LADY OF WALSINGHAM

Walsingham has a special place in our hearts, and like all of our churches, the Shrine Church is currently closed. But its pattern of prayer continues, and the Shrine clergy are praying for us and asking Our Lady of Walsingham to pray with us and for us. Please do pray for the Shrine, that God will uphold it and its ministry of prayer at this testing time.

O Mary, recall the solemn moment when Jesus,
your divine son, dying on the cross,
confided us to your maternal care.
You are our Mother,
we desire ever to remain your devout children.
Let us therefore feel the effects of your powerful intercession
with Jesus Christ.
Make your name again glorious in the shrine
once renowned throughout our land
by your visits, favours and many miracles.
Pray, O holy Mother of God for the conversion of England,
restoration of the sick, consolation for the afflicted,
repentance of sinners, peace to the departed.
O Blessed Mary, Mother of God,
Our Lady of Walsingham, intercede for us. Amen.

POPE FRANCIS' PRAYER TO OUR LADY

O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of Your People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial. Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen. Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen.

PRAYERS TO RECITE FREQUENTLY & OTHER PRAYERS

PRAYERS TO RECITE FREQUENTLY

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.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be to the Father and to the Son and to the Holy Spirit.
As it was in the beginning, is now, and ever shall be, world without end. Amen.

The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

OTHER PRAYERS

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus hear me;
Within your wounds hide me;
Separated from you, let me never be;
From the evil one protect me;
At the hour of my death, call me;
And close to you bid me; that with your saints,
I may be praising you forever and ever.

(Anima Christi)

Praise be to you, Lord Jesus Christ, for all the gifts which you have given to me for all the pain and insults you have borne for me. O most merciful redeemer, friend and brother, may I see you more clearly, love you more dearly, and follow you more nearly, day by day. Amen.

(St Richard of Chichester)

Take Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me. To Thee, O lord, I return it. All is Thine, dispose of it wholly according to Thy will. Give me Thy love and thy grace, for this is sufficient for me.

(St Ignatius of Loyola)

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

(From St Patrick's Breastplate)

My Jesus, I believe that you are present in the most holy sacrament of the altar. I love you above all things, and I desire to receive, body and blood, soul and divinity. Since I cannot at this time 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 or from the community of your church, and lead me with all your holy people to your banquet in heaven. Amen.

(An approach to the Cross)

Father, I thank you for my creation, preservation
and all the blessings of this life (especially...),
for the redemption of the world by our Lord Jesus Christ;
and for the means of grace and hope of glory
given to us in his Body the Church.
And give me such a sense of all your mercies
that my heart may be truly thankful,
and that I show forth your praise,
not only with my lips but in my life,
by giving up myself to your service,
and by walking before you
in holiness and righteousness all my days,
through Jesus Christ our Lord. Amen.

(An adaptation of the General Thanksgiving, BCP)