



*As he blessed them he
parted from them and
was taken up to heaven.*

LUKE 24:51

THE *Ascension* OF THE LORD

SUNDAY, JUNE 1, 2025



SAINT ANDREW PARISH

1899 McCoy Road,
Columbus, Ohio 43220
Parish Office (614) 451-4290
www.standrewparish.cc

OFFICE AND CHURCH HOURS

Summer Office Hours:
Monday-Thursday, 9:00 AM-4:00 PM,
closed Fridays.
The Church is open daily
6:00 AM-8:30 PM.
For more information, visit
www.standrewparish.cc.

MASS SCHEDULE

Saturday Vigil Mass - 4:30 PM
Sunday - 7:30 AM, 9:15 AM, 11:00 AM
Weekdays - 6:30 AM & 8:30 AM
Saturday Morning - 9:00 AM

RECONCILIATION

Saturdays from 3:15-4:15 PM or by
appointment at 614-451-4290.

To learn more about **SACRAMENTS**,
call the Parish Office or visit our website,
www.standrewparish.cc and select
"Sacraments and Prayer."

For **ANOINTING OF THE SICK**, please contact
a priest at the Parish Office and
choose "Sacramental Emergency"
from the list of options or press 3.


We welcome **NEW MEMBERS!**
To register or learn more about
St. Andrew Parish, please contact our
office by phone, or email Jen Wenzke at
jwenzke@standrewparish.cc.




OUR MISSION

St. Andrew Church is a community of Catholics
committed to serving God by living our faith.

We exist to fulfill the mission of the
Roman Catholic Church at the local level
by continuing the saving work of Christ.
We accomplish this through the celebration
of the sacraments, proclaiming and living
the Gospel, reaching out to others in justice
and charity, and providing all parishioners
abundant spiritual, educational, and social
opportunities to be known as a faith-filled,
engaged, and generous parish.

 facebook.com/standrewparishua

 [standrewparishua](https://instagram.com/standrewparishua)

 [StAndrewUA](https://youtube.com/StAndrewUA)

STAFF DIRECTORY

CLERGY

614-451-4290

Msgr. Stephan Moloney, Pastor Ext. 101
 Rev. Lawrence Tabi, Parochial Vicar Ext. 103
 Deacon Thomas M. Berg, Jr.
 Deacon Daniel Dowler
 Rev. William DeVille, In Holy Service
 whd22@aol.com
 Rev. Paul Noble, In Residence,
 pnoble@columbuscatholic.org

PARISH OFFICE STAFF

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 plortz@standrewparish.cc

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614-451-2855

Kathy Dowler, Director Religious Ed. Ext. 305
 kdowler@standrewparish.cc

SCHOOL ADMIN/STAFF

614-451-1626

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 jwichtma@cducation.org
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BRYCE ECK ACTIVITY CENTER

614-459-1402

Karen McCurdy, Facility Manager Ext. 1
 kmccurdy@cducation.org
 Amanda Carter, Preschool Director Ext. 2
 acarter@cducation.org

MASS INTENTIONS

Saturday: May 31 Vigil, The Ascension of the Lord
 4:30 p.m. Mary Lou Kreber

Sunday: June 1, The Ascension of the Lord
 7:30 a.m. For the People of St. Andrew Parish
 9:15 a.m. Maryanne Reinmann
 11:00 a.m. John Scarfone

Monday: June 2, Weekday Mass
 6:30 a.m. John Olsen
 8:30 a.m. Jim and Margaret Saffell

Tuesday: June 3, St. Charles Lwanga and Companions
 6:30 a.m. Margaret Marsh
 8:30 a.m. Mark Hawkins

Wednesday: June 4, Weekday Mass
 6:30 a.m. Milo Moore
 8:30 a.m. Judith Dotter

Thursday: June 5, St. Boniface
 6:30 a.m. Living and Deceased Members of the Heft/Schumacher Families
 8:30 a.m. The Belmaggio/Little Families

Friday: June 6, Weekday Mass
 6:30 a.m. Mike Howie
 8:30 a.m. Greg Freisner

Saturday: June 7, Weekday Mass
 9:00 a.m. Teresita Alberracin

Vigil, Pentecost Sunday
 4:30 p.m. Jim Shough

Sunday: June 8, Pentecost Sunday
 7:30 a.m. Gary Sterling
 9:15 a.m. For the People of St. Andrew Parish
 11:00 a.m. Frank Zidonis

BAPTISMS

Leyla Rose Sarac, daughter of Nikolas and Taylor

Amelia James Williamson,
 daughter of Jacob and Molly

James Thomas Joseph, son of Michael and Valerie

Klea, Abby, and Emma Korreshi,
 daughters of Elton and Desara

BANNS OF MARRIAGE

Dana Pipino and Michael Horejsei (3)
Logan Graves and Andrew Eldred (2)

MESSAGE FROM THE PASTOR

Dear Parishioners,

The month of June is beginning this weekend, as Sunday is June 1. This month of June will be a busy time here at St. Andrew Parish. Although school is out for the summer, that doesn't necessarily equate to peace and quiet!

Beginning June 9, workers will be busy replacing the shingled roofs of the rectory, church, and school, which were damaged by hail last year. I hope we have good weather so this work can be done on schedule. There are weddings scheduled on Saturday, June 7, and Saturday, June 14. The roofing work shouldn't interfere with these events (I hope!).

June is also a busy time for Baptisms. At St. Andrew Parish, we baptize infants and children quite frequently. Almost every Sunday, we have one, two, or three Baptisms, and sometimes more. You may have noticed that the baptismal font is missing from the church. It is being refurbished and will be re-installed soon. Meanwhile, we continue to baptize and add new members to God's family!

June is also a time when many people take vacation time. I will be taking a little time off myself later in June. I will be relaxing at my home in Ada, Ohio, from June 23 through July 4.

I pray that the month of June will be filled with peace and contentment for every one of you!

Your Pastor,

Monsignor Stephan Moloney

WOULD YOU LIKE TO SCHEDULE A HOME VISIT WITH A PRIEST?

If you or a family member are sick, homebound, or hospitalized and would like a visit from a priest, please call the parish office at 614-451-4290 and speak with Msgr. Moloney, ext. 101, or Fr. Tabi, ext. 103. Visits may include reconciliation, Holy Communion, and anointing.

IN AN EMERGENCY: If someone is near death, call the parish office at 614-451-4290 and press 3 (Sacramental Emergency Line). A priest will respond as quickly as possible. If the call comes after business hours or on the weekend, please allow extra time as the priests may be attending to other sacramental needs.

»EXTRAORDINARY MINISTER OF HOLY COMMUNION TRAINING

is scheduled for **THURSDAY, JUNE 5, at 7:00 P.M.** in the **MULTIPURPOSE ROOM**. If you'd like to become involved in this important and rewarding ministry, this is the perfect time to learn more. Confirmed parishioners ages 16 and older, are welcome to attend. Preregistration is not necessary. For more information, contact **Deacon Dowler** at 614-477-7049 or ddowler@columbuscatholic.org.



KNIGHTS OF COLUMBUS PANCAKE BREAKFAST

**SUNDAY, JUNE 8
AFTER ALL MASSES
PARISH HALL**

This is a **FREE** event. Breakfast includes pancakes, bacon, sausage, juice, milk and coffee. We will be accepting donations. 100% of the proceeds will benefit the Knights of Columbus program to support local seminarians.



»JUNE SENIOR LUNCH: Join us **THURSDAY, JUNE 12,** at the **BRYCE ECK CENTER, KELLY HALL** for **EUCHRE AT 10:00 A.M., BINGO AT 11:00 A.M., and LUNCH AT NOON.** The lunches are a great way to catch up with old friends and forge new friendships with seniors within our St. Andrew Parish community. If you are 55+ and a registered parishioner, come and join the fun! There is no cost. For more information, contact **Karen McCurdy** at kmccurdy@cducation.org.

CALLING ALL KNITTERS AND CROCHETERS:

All are welcome to our monthly knit and crochet meeting on **MONDAY, JUNE 16, from 6:30-8:00 P.M.**

in **NUGENT PARISH HALL**. We have needle workers of all levels. Please bring your own knitting needles (size 7 or 8) and/or crochet hooks (size G or H). Each monthly meeting includes fun and laughter while we make items for those in need. Easy patterns are provided and experienced knitters and crocheters are available to answer questions and provide guidance.



For more information, contact **Darla Reed** at drdreed@outlook.com.

SUNDAY OFFERING

	MAY 18	YTD
ACTUAL	\$ 30,951	\$ 1,539,974
BUDGET	\$ 32,692	\$ 1,503,846
LAST YEAR	\$ 42,662	\$ 1,561,036

Thank you to all who are responding generously to our financial need. Your generosity is greatly appreciated!

We encourage you to consider Online Giving, which is safe, secure, and convenient. To sign up, visit osvhub.com/st-andrew-parish/funds or contact Business Manager **Thomas Conigy** at tconigy@standrewparish.cc or 614-451-4290, ext. 106.



EUCCHARISTIC ADORATION

Please join us for Eucharistic Adoration on Tuesdays from 6:00-9:00 p.m. Eucharistic Adoration is simply the act of being in Christ's real presence while the Eucharist is on the altar. Adorers may stay as briefly or as long as they would like. Adoration concludes at 8:45 p.m.

with Compline (end of day prayers) and Benediction. Make time to be in Christ's presence and open yourself to the graces that flow from the Eucharist!

Weekly Adoration Hosts: Parish Council (first Tuesday); St. Vincent de Paul (second Tuesday); Walking With Purpose (third Tuesday); Men of the Parish (fourth Tuesday).

700 adults became Catholic last year, which has more than tripled in the past three years.

THE APPEAL 2025

This year's theme, "Together in Mission," perfectly reflects our ongoing call to evangelization, the support of priestly vocations and formation, and continued works of charity and social services. Money in excess of our goal will be returned to the Parish.

St. Andrew Progress Report through May 28:

Pledged:	\$ 87,815.00
Collected:	\$ 49,665.00
Remaining:	\$ 177,937.84
Goal:	\$ 227,602.84

THANK YOU TO ALL who have made a gift or pledge. If you haven't yet made your gift to this year's Appeal, please consider doing so in the days ahead.

Pledge envelopes are available in the pews. Feel free to drop them in the collection basket with your pledge or drop them in the mail. Make checks payable to The Diocese of Columbus and include "St. Andrew Parish - Appeal" in the memo section.

Prefer to make a donation electronically? Visit www.columbuscatholicgiving.org/appeal or scan the QR code.



The Appeal
Together in Mission
2025

»**THE INFANT OF PRAGUE STATUE**, located at the far northeast corner of the Church, invites all of us to place our trust and seek God's providence in the one who is the true King of the Universe. In front of the statue, there is a supply of prayer cards that offer more information about the statue, and a wealth of prayers to recite and petition God for help. The prayer cards are available for parishioners to keep. There is no need to return the cards once you've used them.

»**ROSARY FOR LIFE: ALL ARE WELCOME!** Join us every Saturday at 8:30 a.m. to pray the Rosary for Life. Mass begins at 9:00 a.m. At the conclusion of the Mass, we pray the Divine Mercy Chaplet. We provide prayer aid booklets and materials. On the first Saturday of each month, the St. Andrew Council Knights of Columbus lead the Rosary and Chaplet. On all the other Saturdays, the women of the parish lead the prayers.

PARDON OUR DUST DURING THE ROOF REPLACEMENT PROJECT



Because of hail damage from the storms last September, the parish will be replacing shingle roofs on the rectory, school, and church in June. **PHASE 1 WILL BEGIN JUNE 9** and include the rectory, parish office, and school roofs. **For everyone's safety, the parish office will be closed to visitors on Monday, June 9.** If you need to speak with someone in the office, please call or email. About mid-week, work will begin on the school roof. During that time, the only entrance and exit to the school buildings will be through door 8, located near the gym.

PHASE 2 WILL BEGIN MONDAY, JUNE 16, and will include the church roof. For the safety of our parishioners and visitors, **morning Masses will move to the parish hall for the week of June 16-20.** The turnaround and front entrance to the church and the parking area near the north entrances on the McCoy Road side of the church will be cordoned off. The only exit and entrance to the parish hall will be through door 17.

Please pray for good weather so there are no delays to the roofing project.

»ARE YOU INTERESTED IN BECOMING A GREETER AT MASS?

The St. Andrew Hospitality Ministry welcomes ALL parishioners to volunteer as greeters before Masses! We are looking for a few friendly faces especially before the 4:30 p.m. Vigil Mass and 11:00 a.m. Sunday Mass, but all are welcome to serve at any Mass. This is a great way to get service hours, too. We encourage all adult volunteers to be Protecting God's Children compliant. If you wish to sign up, visit tinyurl.com/SAP-Greeters-2 or use the QR. For more information or to get involved in the Hospitality Ministry, contact **Jake** and **Ciara Decot** at jdecot284@gmail.com.



PARISH COUNCIL NOMINATIONS HAVE BEGUN!

Please consider service in this important role in our parish. The purpose of the 12-member council is to advise and assist the Pastor in matters of importance to the parish, provide strategic planning, and foster communication and coordination among parish organizations. We will accept nominations/applications now through Monday, June 16. Elections will be held at the end of June. If interested, complete and return the Nomination/Candidate Application found on the parish website at tinyurl.com/CouncilApplication-2025 or use the QR.

For more information, contact **Dave Nagle** at parishcouncil@standrewparish.cc.



THE FESTIVAL 2025 FRIDAY, AUG. 15 | SATURDAY, AUG. 16 5:00 PM – 11:00 PM

Planning for this year's festival is well underway!

WOULD YOU LIKE TO BE A FESTIVAL SPONSOR?

The generous support of our sponsors plays a vital role in making this event a success year after year. Sponsorship levels range from \$250 and up with benefits and perks at every level. For complete details, contact Festival Sponsor Chair **Melanie Houts** at 614-595-5335 or melanie.houts@gmail.com.

VOLUNTEER TODAY! Online volunteer sign-ups are up and running. Volunteer for your favorite booth, position, or activity! To sign up, visit www.tinyurl.com/standrewfestival2025. For more information, contact Volunteer Chair **Mary Beasecker** at mbeasecker@standrewparish.cc.

NEXT FESTIVAL MEETING: Tuesday, June 24, 7:00 p.m. in the Multipurpose Room. All are welcome!

FACILITIES & ROOM RESERVATIONS

If you would like to reserve one of the meeting spaces at St. Andrew Parish, please contact Jen Wenzke, jwenzke@standrewparish.cc, or Greg Price, gprice@standrewparish.cc. The event calendar can be viewed at tinyurl.com/SAP-CALENDAR.

ADULT FAITH FORMATION

»MILLIONS OF MONICAS PRAYER MINISTRY:

All women of the parish are welcome to join us in prayer for our children, family members, and friends who struggle with the Catholic faith or have left the faith entirely. We meet the second Monday of each month. Our next prayer meeting is scheduled for **Monday, June 9, from 6:00-7:00 p.m. in the church.** For information about this prayer ministry, contact Amy Lilly at amyliss14@gmail.com.

»**SAINT MONICA CLUB** is a group of men and women who meet on the last Monday of every month to pray for loved ones who have left the Catholic faith. **The next meeting is Monday, June 30, from 6:00-7:00 p.m. in the parish hall.** For more info and to RSVP, contact Amy Lilly at amyliss14@gmail.com.

»**MEN'S WEEKLY BIBLE STUDY:** Join us each Friday from 7:00-8:00 a.m. in the Parish Office Lower Level Meeting Room to discuss the letters of Saint Paul to the Thessalonians, Timothy and Titus. Learn about Paul's encouragement and admonishments to his trusted assistants and the young congregations he founded. In this 20-week Bible study series for men of all ages, you'll find inspirational commentary from popular theologians Scott Hahn and Curtis Mitch, as well as insights from the Church Fathers, geographical maps, and pertinent study questions. No homework or reading is required between meetings. Coffee is provided. For more information, contact **Greg Holowchak** at 614-949-1491 or greg.holowchak@hotmail.com.

YOUR FAITH CAN LIVE ON

You've spent your life building your faith. What if you could help others build their faith even after you're gone? A planned gift to St. Andrew ensures your impact lasts for generations. The Catholic Foundation manages St. Andrew's endowments to provide lasting financial support for the future. Through gifts of stock, real estate, life insurance, or retirement assets, you can turn today's blessings into an enduring legacy for our faith and our community.

Many have already taken this step. Don't wait to secure your faith's future. To learn more, contact **Christy Steffy** at 614-443-8893, ext. 1100 or CSteffy@Catholic-Foundation.org.

LITURGICAL VOLUNTEERS

SAT, JUNE 7: Vigil, Pentecost Sunday

4:30 PM Mass

Mike Miller EMHC-B - B1
Don McNeal EMHC-B - B2
Tim Terveer Lector - A
Mary Frecker Lector - B
Christian Randles (sub req) Altar Server
Vincent DiNovo Altar Server

SUN, JUNE 8: Pentecost Sunday

7:30 AM Mass

Peggy Hoffman EMHC-B - B1
Larry Hoffman EMHC-B - B2
Colin Bellantis Lector - A
Jason Mays Lector - B
Ty Moore Altar Server
Valerie Olson Altar Server

9:15 AM Mass

Mike Luckett EMHC-B - B1
Herm Mollmann EMHC-B - B2
Rosie Brandon EMHC-B - B CHOIR
Karen Huey EMHC-B - B3
Jeff Wenzke EMHC-C - C1
David Tague EMHC-C - C2
Tom Levenick EMHC-C - C CHOIR
Megan Bellantis EMHC-C - C3
Jennifer Schaefer (sub req) Lector - A
Jim Macklin Lector - B
Angelo Pardi Altar Server
Tommy Chatlos Altar Server

11:00 AM Mass

Paul Buerger EMHC-B - B1
Ciara Decot EMHC-B - B2
Donna Kring EMHC-B - B CHOIR
Jacob Decot Lector - A
Wini Chuidian Lector - B
Gabrielle Martin Altar Server
Daniel Martin Altar Server

To volunteer, visit www.rotundasoftware.com/ministry/standrewcolumbus, or use the QR. If you need help with your username or password, contact **Mary Beasecker** at mbeasecker@standrewparish.cc or 614-451-4290, ext. 104.



BULLETIN AND EPOST ANNOUNCEMENTS:

Send requests to bulletin@standrewparish.cc by Monday at 10:00 a.m. for the upcoming weekend. Include a brief description, date, time, location, and contact name. If Monday is a holiday, all submissions must be received the Friday before. Submissions may be edited for clarity or space.

AROUND THE DIOCESE

ADORATION AT THE OHIO STATEHOUSE: The Catholic Conference of Ohio is hosting another Adoration at the Statehouse on Tuesday, June 3rd from 10:00 a.m.-2:00 p.m. All are invited to come spend time with Jesus in the Ohio Capitol building. For information, contact **Michelle Duffey** at mduffey@ohiocathconf.org.

CATHOLIC MEN'S LUNCHEON: Join us **Friday, June 6** at St. Patrick Church (downtown) for a luncheon featuring Cody Egner, director of Sacred Music at Our Lady, Queen of the Apostles Parish and founder of St. Charles Catholic Pilgrimages. Holy Mass (optional) begins at 11:45 a.m. followed by lunch at 12:10 p.m. and Mr. Egner's presentation, "Explore the Sacred: Why Pilgrimage?" Reservations are not required, and \$12 covers the lunch and meeting. Bring a friend! There will be no July or August luncheons as we take our summer break. **Our next luncheon on Friday September 5, 2025**, will feature a talk by Father Jacques Kik, pastor of Our Lady of Victory Parish and Our Lady of Lebanon Maronite Mission.

STAND FOR LIFE: Join Greater Columbus Right to Life on Monday, June 9, for our 50th Anniversary benefit dinner, An Evening with Jason Shanks (president of the National Eucharistic Congress, Catholic Man of the Year, former President of GCRTL, and cofounder of Catholic Youth Summer Camp), whose work has helped save more than 30,000 babies from abortion. For more information and to register, visit www.gcrtl.org/banquet or call 614-445-8508.

CARDS-FOR-A-CAUSE EUCHRE NIGHT:

Support the Bridgettine Sisters and their mission of prayer and hospitality on Friday, June 20, at Our Lady of Victory (1559 Roxbury Rd, Columbus). Doors open at 6:00 p.m. with Euchre from 7:00-10:00 p.m. Cost is \$50/person and includes a taco bar, adult beverages, and cash prizes for the top two winners (up to \$250). This is also a great opportunity to hear more about the Bridgettine Sisters and their impact in Columbus! Come play your hand – all for a higher purpose. RSVP and pay at <https://tinyurl.com/cards-4-cause>.

ANNUAL SENIOR CITIZENS DAY MASS AND LUNCHEON



JUNE 12, 2025

St. Catharine of Siena Church
500 S Gould Rd, Columbus, OH 43209
10:30 AM Mass | Bishop Earl K. Fernandes

A buffet lunch will immediately follow Mass in the parish center.

Cost of attendance is \$25/person.



To RSVP, visit
<https://dioceseofcolumbus.org/seniorday>

Checks can be made out to the Diocese of Columbus with the memo line of Senior Citizens Day Celebration.

Questions can be directed to **Mary Parker**, Associate Director of the Office of Pro-Life Ministries.

mparker@columbuscatholic.org
614.241.5555 ext. 1432.

PREGNANT? NEED A FRIEND?

Contact Birthright of Columbus. We provide emotional support, pregnancy tests, pregnancy information and referrals. All Services are FREE!

614-221-0844

columbusohmain@birthright.org

If you'd like to donate baby clothing, unopened packages of diapers and wipes, toys or supplies (absolutely no food, used car seats, used cribs or used pack-n-plays), please use the bin in the church Parlor labeled "Birthright."

THANK YOU, BULLETIN SPONSORS!

Thanks to our sponsors and Dee Printing, the bulletin is published weekly at no cost to the parish.

ADVERTISE IN OUR BULLETIN!

Please help support our parish by advertising in our bulletin. Contact Kati at Dee Printing 614.777.8700 or kati@deeprinting.com.



The Mass

"Do This in Remembrance of Me"

A Step-By-Step Walk Through the Mass

Fr. Luke Spannagel



Part 71: Spiritual Communion



When we looked at the guidelines for receiving Communion, we noted that there are several circumstances where a person might not be able to receive Jesus truly present in the Blessed Sacrament, such as someone who doesn't share the Catholic faith or belief in the gift of Jesus in the Eucharist; someone who does believe but is unable to receive because of illness; someone who is living outside the moral teaching of the Church; or someone who needs to partake of the Sacrament of Reconciliation before receiving Communion. For many in these situations, abstaining from receiving the Holy Eucharist can be a great sacrifice. What should we do when we aren't able to receive the greatest possible gift in the world?

In the "Source and Summit of the Christian life," we encounter Jesus, God with us, who offers us the greatest gift we could ever receive: himself. Without question, not being able to receive Communion can be an incredible challenge and sacrifice. The fact that this is a hard sacrifice is a good thing! The difficulty shows us where our hearts really are and that we understand the truth of the Eucharist. If we didn't believe Jesus was really present, this sacrifice wouldn't be nearly as hard to offer. Besides the genuine reverence we show for the sacrament, not being able to receive can offer us a unique opportunity to become even more aware of God's presence in our lives and his call for us to turn away from sin and allow his grace to work in our lives. For those who are longing for the true presence of Jesus in the Eucharist, this time also offers the opportunity to practice making a **"Spiritual Communion"** to unite with Jesus in the Eucharist.

What Spiritual Communion Is

What is Spiritual Communion? As the Guidelines for Reception of Holy Communion state: "All who are not receiving Holy Communion are encouraged to express in their hearts a prayerful desire for unity with the Lord

Jesus and with one another" (United States Conference of Catholic Bishops, 1996). This practice is called a Spiritual Communion. While reception of Holy Communion is incredibly significant and our fullest participation in the Mass, those who are not able to receive the Eucharist sacramentally can unite themselves spiritually to Christ through prayer. We can still pray and thank God in that moment for the wonderful love of Jesus and his saving sacrifice. We can acknowledge through prayer that we believe Jesus is truly present in the Eucharist. We can express true longing from our hearts that we will be able to receive the Eucharist in the future. We can express the desire in the moment of being able to receive graces from Jesus in the Eucharist, even though we are unable to receive him sacramentally. So, those who cannot receive Communion can still gain spiritual fruit from the Mass, uniting themselves to Christ through desire and prayer.

At various times in our Church history, Spiritual Communion was really more the norm than the exception. Many saints lived during eras when reception of Communion was very rare, arising from many factors such as the legality of Christianity, the availability of priests, or a humble sense of unworthiness to receive our Lord. In his book *The Holy Sacrifice of the Mass*, Fr. Michael Muller talks about spiritual union with the Mass even from a distance: "It is well for those who can do so in the course of the morning to retire to their room nearly at the time which they know to be the hour when the Holy Sacrifice of the Mass is being offered in the Church, and, after having implored the grace of God, to perform with recollection and fervor the duty of religion, to kneel down before the Crucifix, and with all the sentiments of devotion possible to unite heart and soul to the Heart of Jesus in the holy Mass, and then read or say the same prayers which they would have said had they been actually present in the church, never forgetting to make the spiritual Communion, which may be made in any place, and at any hour of the day or night" (*The Holy Sacrifice of the Mass*, p. 392).

How to Make a Spiritual Communion

Spiritual Communion allows us all to be participating in the prayer of the Mass, either from our pew or from a distance. If you are unable to receive the Eucharist, just after the priest receives Communion (at what would be the normal time people come forward for Communion), you can tell Jesus in your heart of your desire to receive him. This can be in your own words or, if you prefer, this commonly known prayer from St. Alphonsus Liguori:

An Act of Spiritual Communion

My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You were already there, I embrace You and unite myself wholly to You. Let me not be ever separated from You. Amen.

Our faith tells us that, by the grace of Christ, we will navigate the challenges of our lives. Let's unite ourselves in mind and heart to Jesus this day, trusting in him and his love for us!

For Reflection:

1. Whether or not you receive Communion regularly, consider how you can integrate the practice of "Spiritual Communion" into your daily life, either at the time of a local daily Mass you do not attend, or when passing a Catholic church where the Blessed Sacrament is reserved in the tabernacle.
2. If you do receive Holy Communion regularly, make an effort to be mindful of those who do not or cannot. The next time you prepare to receive Communion, pray that others will be able to do so, too.

Source: www.eucharisticrevival.org/blog





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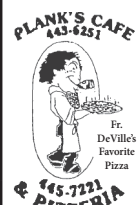
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