

When I Can't Get to St Mary's Battersea Spiritual Communion



This short prayer pattern follows the shape of the Parish Eucharist and allows you to take part in a similar form of prayer at home. It invites Jesus into your home and into your lives for the coming week. It assumes more than one person is present, but it can also be used by anyone self-isolating or who cannot be at Sunday Eucharist.

Bringing the Church Home

Mary Mazzarello, founder of the Salesian sisters, found it difficult to get to church sometimes through work or illness. Instead she would sit by the window in her attic. (shown right) From where she could see the parish church and bring her parish church into her home. This prayer helps you to do the same.



(You might want to light a candle and play some quiet instrumental music before starting in order to change the atmosphere for a while.)

Gathering -said together

In the name of the Father and of the Son and of the Holy Spirit Lord, I want to gather in my mind all those who have touched my life for better or worse during the last week. I can imagine their faces, their words and the events we have shared, and I realise you have been present through it all. (Pause)

Forgiveness (one leading voice)

We recognise that the last week has not been perfect and we need to accept some responsibility when we have made mistakes in what we have done and not done. (Pause)

Lord have mercy all repeat
Christ have mercy all repeat
Lord have mercy all repeat



Counting Blessings

God's mysterious presence has been hidden in the events of life and we need to recognise that and count the blessings of the last week.

Pause: Think about the good things that have happened this week

Prayer

Lord, you have promised to be with us always. Thank you for staying with us last week, in all that has happened. Help us all to keep looking for you in the people and events of next week, so we can find your wisdom and mystery deep in the life of everyone I meet, and in me! **Amen.**

Listening to the Word

Think of a favourite story from the Bible¹ to guide you through the week ahead. Put yourself into the story and talk to God about its message for you and those you love for the week ahead. (Pause)

Intercessions *all can share*

Think of those who are in need. Let your prayer reach around the world. Pray for the planet, for its people and for those who suffer both near and far.

Mention names or situations and invite others to prayer by saying "Lord hear us" to which others can respond "Lord graciously hear us. (Pause)



Offering Prayer *said by all*

Lord, I give you my life, my worries, my dreams. For next week. I put my plans and my difficulties, my family and my relationships into your hands. I trust you to make sense of what will happen to me in the week ahead. Stay with us all and keep us safe in your love. We ask this through Jesus our brother and our God. AMEN

Silent Communion prayer *read slowly by a single voice*

(Pause) Be still and aware that God is in you, with you, knowing you as you are. Like two people who know each other well, just sit with God who knew you before you were even born. In your mind just sit looking at God who always looks at you with love. (Pause)

Be ready to be still as much as you can manage and allow Jesus to speak to you heart to heart.

¹ The simplified weekly e-newsletter provides a chosen passage for the current time.

The Lord's Prayer. Said by all
Our Father...

Final Prayer said by all

Lord, join my life to your life. Help me see that every week brings its own fragments of death and resurrection. Help me to see that pattern of dying and rising working within me. Join my life to your life pattern so that I can let go of whatever might trap me from being full of life and loving kindness.
AMEN

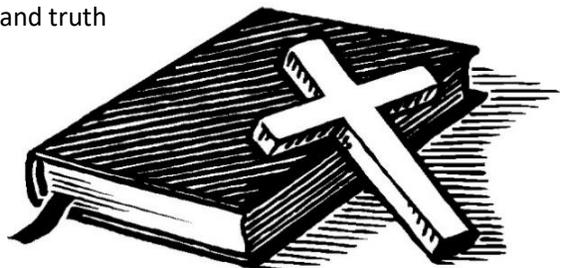


**God hugs you.
You are encircled
by the arms
of the mystery
of God.**

St Hildegard of Bingen

Final Blessing said by one voice to bless all those present

The Lord bless you and keep you
The Lord make his face to shine upon you
And inspire you to a life of love and truth
All Amen



We at St Mary's are grateful to Father David O'Malley from the Salesian Community in Battersea for sharing this resource. It is good as Anglicans to be praying together with Roman Catholic friends during this emergency period.