

Communion and a Bit more on Embedded Prayer

Some of us might be finding it very hard during this time being unable to receive Holy Communion, especially if we are normally in the habit of weekly or fortnightly reception. I know I find this aspect of there being no church rather difficult. Though of course, I CAN do a service of Holy Communion, I am not permitted to by Church rules which decree that priests can only celebrate if there are one or more others present, making it a communal service. So I am in a similar boat to you, and even if I could I don't think I would, as it would feel wrong, selfish even, to do so, while no one else can.

The BCP has a solution to this, and there is an obscure rubric in the Communion for the Sick which mentions making an act of "spiritual communion" in which a person, who for various reasons can't receive the Sacrament, to pray for Jesus to be close and to enter one's soul, spiritually, if not in the elements of Bread and Wine. Here is a prayer, taken from the Oxford Movement (Anglo Catholic) that you may find helpful:-

O Lord Jesus Christ, since I cannot now receive Thee sacramentally,
I humbly pray Thee that Thou wouldst come spiritually to my soul.
Come, Lord Jesus, come and cleanse me, heal me, strengthen me,
and unite me to Thyself, now and for evermore. Amen

I offer this to you, I the hope that in the not too distant future we will all be able to celebrate our living Lord in shared services of Holy Communion. Like many I long for this day.

From a very different tradition I have received this from a good friend whose grandfather (who incidentally rejoiced in the name of Hebron) used to say this:-

God is faithful, not he has been, nor he will be...both are true.
But today, in this dark hour, God is faithful now, to you.

Another response to my post on embedded prayer came from my older sister, she asked me if I ever said the prayer that mum always shared with her, before going to bed. I have to admit I DID recall it once reminded of it, but I guess that by the time I was deemed old enough to say it mum was busy, not only with her 2 older children, but also by my younger brother & sister. So for me it was never embedded in quite the same way as it became for my sister, it goes like this:-

Angel of God, my guardian dear, to who God's love commits me here;
ever this night be at my side, to light, to guard, to rule and guide. Amen

I close by wishing you all God's peace, and light in these dark and difficult times.

In Christ's love Alice