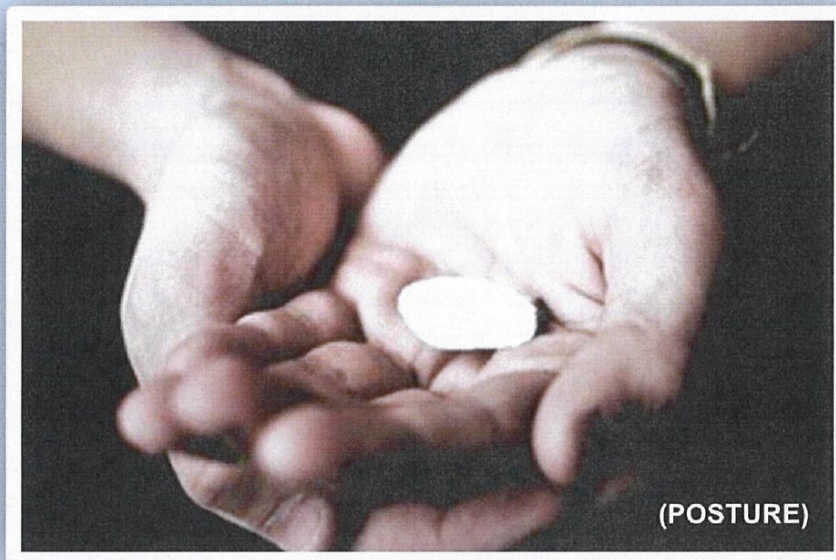


ACT OF SPIRITUAL COMMUNION

"Hold your hand in this posture as a sign of your hunger for the Eucharist and the graces the Lord bestows as you pray the prayer below."

- Bishop Steve



PRAYER

**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.



parish of
**ST. THOMAS
AQUINAS**