

At a time when the Sacrament of Holy Communion cannot be received physically, our prayer of Spiritual Communion allows us to be associated with Christ's saving death and resurrection and to feed on him in our hearts by faith with thanksgiving in a spiritual way. We are inviting Christ into our hearts and lives. The Church of England's guidance explains it as follows:

*The term 'Spiritual Communion' has been used historically to describe the means of grace by which a person, prevented for some serious reason from sharing in a celebration of the Eucharist, nonetheless shares in the communion of Jesus Christ.*

*The Book of Common Prayer instructs us that if we offer ourselves in penitence and faith, giving thanks for the redemption won by Christ crucified, we may truly 'eat and drink the Body and Blood of our Saviour Christ', although we cannot receive the sacrament physically in ourselves.*

*The Church of which we are members is not defined by the walls of a building but by the Body of Christ of which we are members. In making our communion spiritually, we are joining with Christians everywhere to be nourished by the one who tells us, 'I am the Bread of Life'.*