



St. Mary—Our Lady of the Isle

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“Spiritual Communion” and “Perfect Contrition”

Dear Friends in Christ,

I'd like to share with you two spiritual practices which may be particularly helpful during these trying times of physical distancing.

The first is called “An Act of Spiritual Communion”. This prayer provides us with a way of uniting ourselves with the Lord at a time when we cannot receive His Presence in the Eucharist. Here is the prayer:

**My Jesus,
I believe that You
are present in the Most Holy Blessed 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.**

The second spiritual practice which may be helpful during these times of physical distancing is “Perfect Contrition”.

Perfect Contrition takes place under three conditions:

**The penitent expresses a love of God above all else.
The penitent express a sincere desire for forgiveness.
The penitent makes a firm resolution to receive the Sacrament as soon as possible,
when available.**

Perfect Contrition obtains the forgiveness of sins, both venial and mortal (cfr. *Catechism of the Catholic Church* 1452).

I hope these spiritual practices will give you some comfort and peace during these days of the Corona-virus Pandemic. Please be well and be safe!

Peace,

Fr. John Kelleher