

The Church encourages frequent, even daily Holy Communion, but if at any time we cannot go to Mass in or out of this season of the coronavirus, or if one cannot receive Holy Communion for some other reason, we can still unite ourselves to the Eucharist through making a spiritual Communion.

By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask him to unite himself with us. Here is the Act of Spiritual Communion written by St. Alphonsus de Liguori:

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.