

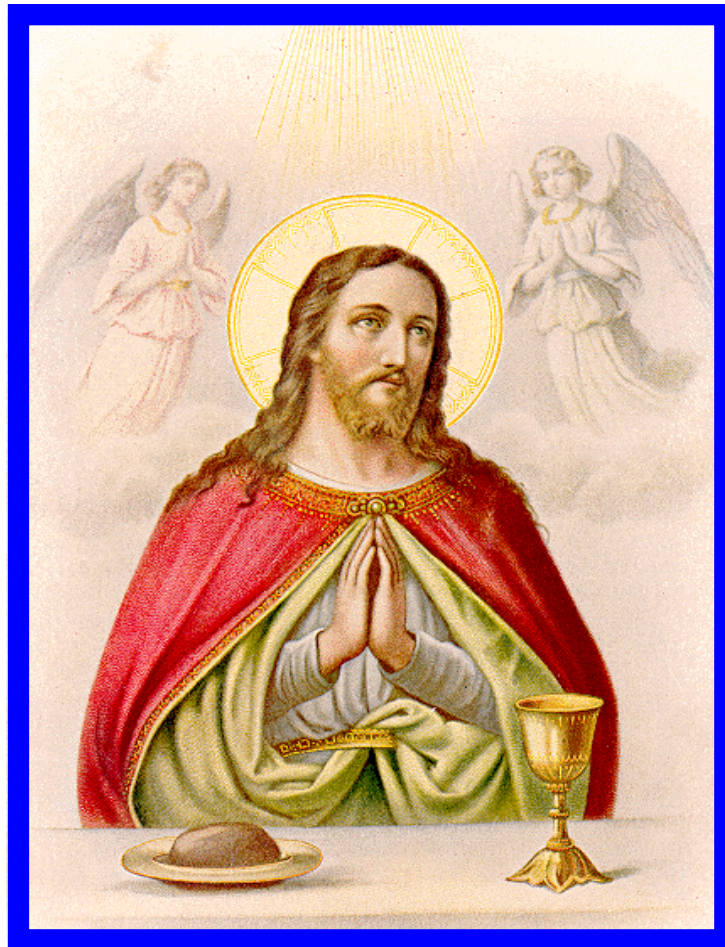


Heavenly Host

May
the Body and Blood
of our Lord Jesus Christ
preserve my soul unto life ever lasting.



Lord,
I am not worthy to receive You under my roof,
Say but the Word and my soul shall be healed.



SPIRITUAL COMMUNION

My Jesus, I believe that Thou art in the Blessed Sacrament. I love Thee above all things, and I long for Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already come, I embrace Thee and unite myself entirely to Thee; never permit me to be separated from Thee. Amen.

SPIRITUAL COMMUNION

O Immaculate Queen of heaven and earth, Mother of God and Mediatrix of all grace, I believe that Your dearly beloved Son, Our Lord and Savior Jesus Christ, is bodily contained in the Blessed Sacrament; I love Him more than all things, more than myself. Since I cannot now receive Him sacramentally, please ask Jesus to come spiritually into my heart.

O my Jesus, I embrace You and consecrate all that I am in body, mind, heart and soul to You. Never permit me to be separated from You. Amen.