

# St. Ambrose Parish

APRIL 5, 2020  
BEEHIVE



## Amid 'thick darkness'

In a virtually unprecedented livestreamed prayer service for the end of the COVID-19 coronavirus, Pope Francis said on Friday, March 27, that the pandemic, which comes during the penitential season of Lent and Holy Week, is an opportunity to collectively stop and reprioritize.

Just like the blackness Jesus's disciples saw on the boat, the Pope said, "Thick darkness has gathered over our squares, our streets and our cities; it has taken over our lives, filling everything with a deafening silence and a distressing void, that stops everything as it passes by; we feel it in the air, we notice in people's gestures, their glances give them away."

"We find ourselves afraid and lost," Francis said, insisting that for Christians, the present moment is time to choose between "what matters and what passes away, a time to separate what is necessary from what is not."

"It's a time to get our lives back on track with regard to you, Lord, and to others," he said.

His comments came during an extraordinary prayer service led by the pope before an empty Square from the sagrato of St. Peter's Basilica, the platform at the top of the steps immediately in front of the façade of the church. The service included an *Urbi et Orbi* blessing, "to the city and the world," usually offered by popes only at Christmas and Easter.

The blessing comes with a plenary indulgence, meaning the full pardon of the temporal consequences of sin, subject to conditions laid out by the Vatican.

Continuing with the image of the storm, Francis said life's trials, including major crises such as the coronavirus, expose the "superfluous certainties" around which many people have structured their lives and priorities, while allowing the things that strengthen and give life to communities to go stale.

"The tempest lays bare all our prepackaged ideas and forgetfulness of what nourishes our people's souls; all

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## 'Amid thick darkness'

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those attempts that anesthetize us with ways of thinking and acting that supposedly 'save' us, but instead prove incapable of putting us in touch with our roots and keeping alive the memory of those who have gone before us," he said.

By doing this, "we deprive ourselves of the antibodies we need to confront adversity," he said, noting that much of humanity has run forward at a "breakneck speed," greedily seeking profit and drunk in its own power.

"We did not stop at your reproach to us, we were not shaken awake by wars or injustice across the world, nor did we listen to the cry of the poor or of our ailing planet," the Pope said, speaking directly to God.

"We carried on regardless, thinking we would stay healthy in a world that was sick," he said, noting that with the arrival of a global crisis that has stopped the world in its tracks, people are again turning to God, begging him to step in and calm the waters.

The event included a reading from the Gospel of Mark, which recounted the episode of Jesus calming the sea, as well as the pope's reflection and adoration of the Blessed Sacrament. Despite the rain and Italy's tight quarantine restrictions, several people were gathered outside the gate lining St. Peter's Square as the Pope led the service.

After his address, Francis stopped to offer special prayers in front of the historic *Salus Populi Romani* (health of the Roman people) icon, usually housed in the Basilica of Saint Mary Major, and a so-called "miraculous crucifix" from the St. Marcellus church on *Via del Corso*, a typically crowded shopping street.

Believed to have been painted by Saint Luke and to have arrived to Rome in the 6<sup>th</sup> century, the *Salus* icon has long been a source of recourse for Romans during times of health crisis. Tradition holds that in the late 6<sup>th</sup> century Pope Gregory I carried the icon through the streets of Rome to pray for an end to the Black Plague. Later, in 1837, Pope Gregory XVI is believed to have prayed before the image for an end to a cholera outbreak.

The wooden crucifix from St. Marcellus dates to the 15<sup>th</sup> century and gained a miraculous reputation after surviving a fire in 1519 which burned the original church housing it to the ground. According to tradition, the morning after the fire the crucifix was found completely intact, and since then it has become a point of reference for those seeking special graces. In 1522, the crucifix was carried in procession throughout Rome for 16 days in the midst of a massive plague outbreak.

In his speech at Friday's prayer event, Pope Francis noted that COVID-19 has hit the modern world at the same moment Christians are marking the season of Lent. Amid the suffering and sadness many are experiencing, God is "calling us to faith," he said, insisting that this faith does not mean simply believing so much as coming to God and trusting in him.

The coronavirus, he said, has stripped down "the façade of those stereotypes with which we camouflaged our egos, always worrying about our image," and has uncovered once more a sense of "common belonging, of which we cannot be deprived: our belonging as brothers and sisters."

Pointing to the heroic examples of the people who, despite their own fears, have given their lives to others suffering from the outbreak, he said this spirit of courage and self-denial is illustrative of how tightly lives are bound to and sustained by "ordinary people - often forgotten people - who do not appear in newspaper and magazine headlines nor on the grand catwalks of the latest show, but who without any doubt are in these very days writing the decisive events of our time."

These every day-heroes, the pope said, are the doctors and nurses caring for the sick; the cleaners; supermarket employees; those who work in public transport; police and legal officials; volunteers; priests and religious who offer the sacraments and care for the sick and the dying.

He also praised parents and grandparents who are patiently teaching their children, in small daily actions, how to navigate a crisis by "adjusting their routines, lifting their gaze and fostering prayer."

"In the midst of isolation when we are suffering from a lack of tenderness and chances to meet up, and we experience the loss of so many things, let us once again listen to the proclamation that saves us: he is risen and is living by our side," he said.

*This summary of the Pope's address was created by Elise Ann Allen for CRUX news. Follow her on Twitter: @eliseannallen See the Pope's complete text at [www.vaticannews.va/en/pope/news/2020-03/pope-francis-coronavirus-suffering-intentions.html](http://www.vaticannews.va/en/pope/news/2020-03/pope-francis-coronavirus-suffering-intentions.html)*

## Faith Formation Station

As we continue to deal with a unique and uncertain situation, know of our continued prayers for you and your family. Here are a few articles provided by the Archdiocese of Detroit with links to further resources.

**[detroitcatholic.com/voices/fr-stephen-pullis/keeping-sunday-holy-in-a-time-without-mass-six-tips-for-the-faithful](https://detroitcatholic.com/voices/fr-stephen-pullis/keeping-sunday-holy-in-a-time-without-mass-six-tips-for-the-faithful)**

**[detroitcatholic.com/news/gabriella-patti/now-what-livestream-mass-times-free-resources-available-during-covid-19-crisis](https://detroitcatholic.com/news/gabriella-patti/now-what-livestream-mass-times-free-resources-available-during-covid-19-crisis)**

These "Resources for the Faithful" are wonderful and worthwhile for families. You have everything you need there to keep up with your faith formation at home. I know once things get settled with my own children I will be exploring these resources with them. In the meantime, take time to pray together, share stories of faith and family together, love one another, and breathe.

Kelly Woolums

# All Things Considered

**Small things matter. And they matter most during a time when there is a lot of anxiety.**

Over the last ten days, I've been receiving communications – many scratched on scraps of paper – or offered on line – from our parishioners expressing gratitude for the smallest of things. In my estimation, none of those things are extraordinary and certainly none are heroic, but they clearly inform me that small things really matter.

Small things end up saying “You are not alone, we are thinking about you, we are praying for you.” People take those things very seriously.

Many small things have now been removed from our lives – things like being present in person and being able to have contact with one another. Even our faces are covered in masks so you can't even catch a small smile.

With Easter coming, we will experience an even more acute distress as we are told to stay away from relatives and friends. For we Catholics, prolonged, forced abstinence from mass and Communion is equally agonizing. This is true especially for older adults who rely on our parish for community. But it's not just the elderly who suffer from “social distancing.” We're created social and no matter our age, we gravitate to each other.

The decision to forgo public liturgy and community gatherings is a painful, but a wise and necessary one. **Sacraments are important, but human life is of the utmost importance.**

For now, while I feel guilty about not doing great and heroic things, my staff and I will have to occupy ourselves with many “small” things. **St. Teresa of Lisieux** wrote “*Miss no single opportunity of making some small sacrifice, here by a smiling look, there by a kindly word; always doing the smallest right and doing it all for love.*”

One not-so-small opportunity I know we are missing is the use of our ARK kitchen for those who need food services. We're sending Easter meals over to the local mens' shelter on Kercheval. What other forgotten people who need a meal?

I always worry that I am not doing enough for our young families. Without a centering in faith, Easter for them may just get swallowed up in the nothingness of television and

the internet. My heart breaks as I see that our First Communion class will have that sacrament postponed.

What small thing could I do that could perhaps make for our kids a seminal memory? One that came to mind from my childhood was the preparation of an Easter basket. In a Polish-Catholic household, this was no small deal. (That and keeping absolute silence for three hours on Good Friday.)

As the Easter basket practice developed in our Christian cultural history, a “true” basket contained the food that was to be eaten to break the Lenten fast. What filled a basket was as unique as the ethnicity of the families who prepared it. We've been promoting the basket blessing here over the years. We've seen families prepare authentic Easter food baskets as well as kids preparing baskets of just sweet treats.

I checked with the doctors who are managing the Covid-19 crisis

at Providence/Ascension about the idea of a drive-by basket blessing.

They gave it the green light, provided we observed governmental and medical protocols. **So we will be blessing baskets in our parking lot this Saturday.**

It maybe the first drive-by basket blessing ever! If you come – you need to pause and say a prayer for each of the blue ribbons on the trees next to the ARK plaza cross. They represent the souls of those in Michigan who have already died in this Pandemic.

Yet another small thing – we will be leaving our church building open for times of prayer in the presence of the Blessed Sacrament. As long as a group does not get larger than 10, and they observe social distancing, they are welcomed. **St. Ambrose Church will be opened, therefore, on Holy Thursday night and all day on Easter Sunday.** Please sanitize the pew area and door knobs when you leave.

A quiet visit to church on Easter Sunday might be enough to give the day the solemnity it deserves. We've decorated a little and put out the Resurrection tomb. Stop and see the promise of life waiting for us beyond the grave.

The world (and you) will not be the same after this Pandemic. Will it be better or worse depends on how we handle ourselves: selfishly or selflessly.

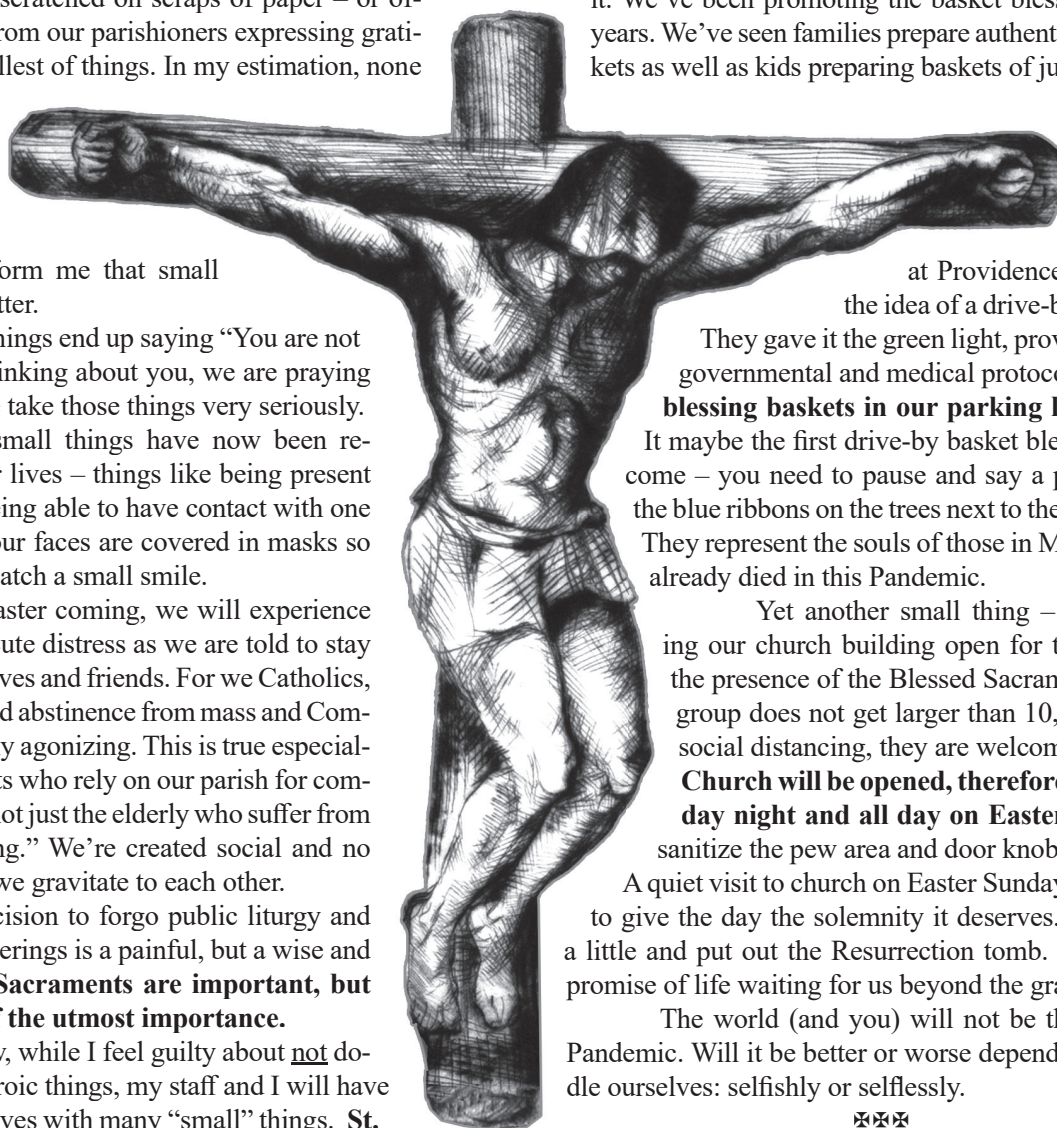


We are working with a small, volunteer team to provide mass for you electronically during Holy Week and Easter. It's not the same as actually being here, but it is a way of connecting you to your parish and to the most important High Holydays of our faith.

In addition, **Pope Francis** will telecast from Rome. **Archbishop Vigneron** will telecast from our Cathedral and there is a really nice mass that comes out of Notre Dame.

I talked with **Bishop Gumbleton** and asked that if he would video an Easter Message for us. He is in good health,

*Concluded on page 4...*





## All Things Considered

*Continued from page three...*

although in self-imposed isolation on the West side of the state. If the logistics come together, we will have Tom's inspirational words for us available on our Facebook and website.

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I am humbled and grateful that so many of our parishioners have not neglected St. Ambrose Parish financially during this tumultuous time. Electronic giving is making a real difference in keeping our positive revenue stream going. If you are not signed up to give electronically, check that option out through Givelify.com or on the parish website, [stambrosechurch.net/donate](http://stambrosechurch.net/donate). Have trouble? Contact the parish office at 822-2814.

The Easter collection is one of our most important. If you are not adversely affected by the economics of the pandemic, please do what you can to make a special donation this week.

We've committed ourselves to keeping our full-time employees on full-pay through Easter. Each employee in their own way makes certain that you have access to what you need during a time when most businesses and institutions are closed.

For example you are able to always reach me, and our staff, and pastoral ministers via phone or Email. Persons in sacramental and wedding preparation are still being tended to, as are our the kids in our Religious Education Program. Our building systems still receiving attention. Liability and property insurances are current. We are making cutbacks in discretionary spending. Less regular use of the church building and the ARK does result in some utility savings.

Right now, our financial priority is to keep our employee health benefits up to date – even when, and if, they are not working full time.

We have the assurance of our Archdiocese that they will work with us when the time comes that we can no longer meet essential payments or payroll. With your help, I'd like to avoid that as long as we can.

TRP

## The Buzz

Holy Week? Holy Week! Welcome to Holy Week – 2020.

Ordinarily, self-imposed Lenten penances are meant to break us out of ruts and routines so that we might be better predisposed to receive and celebrate the new and refreshed life of the risen Christ in the Paschal Triduum. But Lent-2020 has turned into anything but ordinary. Too many penances for too many people have been involuntary, frightening, painful, deadly. What kind of faith does it take to enter Holy Week during this extraordinary time in human history?

To start, I want to preface my reflections by identifying that they are just that – my reflections. I very much trust in the sophisticated discernment of every reader . . . that you will use the lens of your faith-relationship with the Lord and His Body, the Church, as well as your own life-experience, to cull from this what is useful and helpful to you. And maybe in the process your lens, and mine too, will get a wipe that will help us see a little clearer, a little sharper, a little deeper beyond the ordinary.

Holy Week; what really is holy? Don't give in to easy, ordinary answers. And please don't confuse holiness with piety, or even religion. Both are good, but they are not the goal. The goal is "holy".

Go back to the Sunday (7th of Ordinary Time - A) before Ash Wednesday. Re-read Leviticus 19, I Corinthians 3, and Matthew 5. "Be holy, for I, the Lord, your God, am holy." ". . . the temple of God, which you are, is holy." "So be perfect, just as your heavenly Father is perfect." Holiness is communion with God: loving Creator, forgiving Redeemer, eternal life Sustainer. No virus can overcome holiness . . . unless we allow it to. Remember the temptations Jesus faced in the desert (1st Sunday of Lent; Matthew 4). What unholy choices, even in the name of "common sense" values, tempt us in these unsettling times? How much do we rely on prayer to help guide us to greater social responsibility, charity, and hope? That's a much better infection to spread!

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Holy Week usually emphasizes the Church coming together to celebrate the liturgies that immerse us in the great mysteries of life and salvation in Christ. Not this year . . . at least not in church. Anywhere? I've got some ideas.

First, the great liturgies of Holy Week and the Triduum will be on TV and the internet. Watch; watch multiple versions from different places around the catholic world; watch the liturgies from St. Ambrose – just not while personally present in church.

But here is another place to celebrate Holy Week: the Domestic Church. Official Church teaching has always emphasized the Church at home as a *sine qua non* for the health and vitality of the faith of the larger community. Does communion with God happen in your house? Maybe Holy Week – 2020 is a time for you as an individual or as a family to reflect on the answer. If your answer is "yes," find a way to celebrate it, to ritualize it prayerfully together.

Is there a dish or drink (or both) that the members of your family find particularly enjoyable, meaningful, unifying, or even having a family history? Have it on Holy Thursday. Tell stories; pray for people; give thanks to God; eat and drink. If you've never had it before and you find it while grocery shopping, get a package of matzos and share them while remembering that Jesus was only ever a Jew and that Passover seders are primarily a family ritual. Enjoy. Then watch a liturgy or two on the screen. The Lord will really be with you! He is really present in the Blessed Sacrament; He is really present in the holiness of your home. Let each presence keep growing on the other in your mind, heart, and soul.

Chuck Dropiewski

## From Our Archbishop

As citizens of Michigan, we join with our neighbors in observing measures to address the spread of COVID-19. As we continue to practice social distancing to limit the virus' spread, our response as the Body of Christ must always begin in faith. We believe Jesus is still Lord. We believe that God can bring good from this time. We believe that we are not abandoned but remain – however mysteriously – in the loving hands of the Father.

It is with great sadness that I have to announce to you that Holy Week celebrations will not be offered publicly this year in the Archdiocese of Detroit. To ensure we cooperate with and support the governor and local health officials during this time as well as assuring you of my continued commitment to the work of unleashing the Gospel, I am issuing these directives regarding the life of our parishes, the administration of the Sacraments – particularly to those who are sick and dying – and the celebration of Holy Week.

While it is not possible for us to gather in our parishes during Holy Week and on Easter, it is possible for us to be connected in other ways. I ask you to remain attentive to [aod.org](http://aod.org) and [spiritualcloseness.org](http://spiritualcloseness.org) for ways to be connected with each other during these days. I would also ask you to please continue your financial support to your parish. They rely entirely on your contributions and your generosity. I am very grateful for your support, especially during this time.

I ask all the faithful in the Archdiocese of Detroit to join me, the Holy Father and faithful around the world in prayer. I know this is an unprecedented time in the life of our local Church. But unprecedented challenges bring unprecedented graces. If we unite ourselves to the Lord we will emerge from these days of trial and uncertainty more ready to proclaim the Good News of Jesus Christ.



## Sacramental Directives

The following directives are being issued based on Governor Whitmer's "Stay Home, Stay Safe" Executive Order of March 23, 2020. These directives are in place through the end of April.

- Parish offices are to be closed and employees, as they are able, are to work from home. Pastors should take precautions to keep their churches clean and open, if they are able, and available for prayer, especially for those interceding for the sick. Parishes should look for innovative ways to spiritually support the faithful, including livestreaming of Mass. Since the spiritual well-being of the faithful in this time is essential, a very small number (not to exceed 10) is permitted so that a quality livestream Mass is possible.
- Funerals and weddings are to be suspended during this time. Priests should coordinate with their funeral directors when families request the rites proper to funerals. Graveside services are still permitted provided they observe proper social distancing.
- Baptisms are also to be suspended during this time. Where there is a real danger of death, the person should be baptized in the hospital or home of the parents. In danger of death, the faithful should consult with their pastors.
- The pastoral care of the faithful must always be paramount. Therefore, priests should consider the best options for the celebration of private confession for those in dire need of the sacrament.
- Administering the Sacraments of Initiation to those in RCIA is to be postponed until a later date when the fuller community can be present. The Archbishop will determine a suitable time for the reception of these members into the Church.
- In the case of an emergency, a person may at any time be baptized, confirmed or received into the Church.

## The Beehive

is the parish weekly bulletin of the  
St. Ambrose Catholic Community  
Detroit/Grosse Pointe Park, Michigan

**Pastor:** Rev. Timothy R. Pelc

**Pastoral Minister:** Charles Dropiewski

**Religious Education:** Kelly Anne Woolums

**Minister of Music:** Louise Veltri

Dr. Norah Duncan IV – on hiatus

**Office Manager:** Peggy O'Connor

**Secretary:** Mary Urbanski

### Sacramental Celebrations

**Masses:** On the Lord's Day –

Saturday Vigil - 4:00 p.m.

Sunday - 8:30 and 11:15 a.m.

**Baptism:** Arrangements for both adults and infants to be made by contacting the rectory.

**Penance:** As announced and by appointment.

**Marriage:** Couples should contact the rectory office a minimum of six months in advance of the proposed date to make arrangements.

**Funeral:** Normally celebrated within one week after the deceased's passing.

### Directory

**Parish Office:** 15020 Hampton

Grosse Pointe Park, Michigan 48230

**Tel:** (313) 822-2814 **Fax:** (313) 822-9838

**Email address:** [stambrose@comcast.net](mailto:stambrose@comcast.net)

**Religious Education:** (313) 332-5633

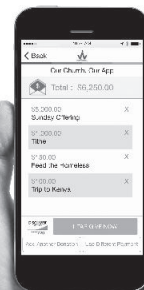
**Pastoral Ministry:** (313) 332-5631

**Ark Scheduling:** (313) 822-2814

**Parish Website:** [stambrosechurch.net](http://stambrosechurch.net)

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## Liturgy Schedule for the Coming Week

**Monday, March 30**

*Lenten Weekday*

**Tuesday, March 31**

*Lenten Weekday*

**Wednesday, March 25**

*Lenten Weekday*

**Holy Thursday, April 9**

*Mass of the Lord's Supper*

*webmass broadcast approx. 7:00 p.m.*

*Church open for private prayer from*

*9:00 p.m. until midnight*

**Good Friday, April 10**

*Stations of the Cross webcast all day*

*Tre Ore Service webcast approx 1:30 p.m.*

*re-broadcast until Saturday 7:00 p.m.*

**Holy Saturday, April 11**

*Easter Vigil webmass approx. 7:00 p.m.*

*re-broadcast until Sunday 8:00 a.m.*

**Easter Sunday, April 12**

• Exposition of the Blessed Sacrament from 8:00 a.m. to 6:00 p.m. in church.

• Web Mass broadcast any time Sunday.



Join us on Facebook  
facebook.com/stambroseparish

## Scriptures for Holy Week and Easter

**April 6**

IS 42:1-7

PS 27

JN 12:1-11

**April 7**

IS 49:1-6

PS 71

JN 13:21-33, 36-38.03

**April 8**

IS 50:4-9a

PS 69

MT 26:14-25

**APRIL 9**

EX 12:1-8

PS 116

1COR 11:23-26

JN 13:1-15

**APRIL 10**

IS 52:13 - 53:12

PS 31

HEB 4:14-16 - 5:7-9

JN 18:1 - 19:42

**APRIL 11**

EX 14:15 - 15:1

PSS 41 and 43

ROM 6:3-11

MT 28:1-10

**APRIL 12**

ACTS 10:34, 37-43

PS 118

COL 3:1-4

JN 20:1-9 or MT 28:1-10

## The Triduum & Easter Sunday

*April 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>*

In cooperation with our Archbishops' order, masses for the Triduum will be celebrated – but not open to a congregation. These services will be broadcast on our Facebook page and through our website.

Included will be the Mass of Holy Thursday night; Stations of the Cross and the Tre Ore Service on Good Friday afternoon; the Easter Vigil on Saturday night and Easter Sunday mass.

Check our website and Facebook for exact times.

Our church building will be open for private prayer (no more than 10 persons at a time) on Thursday night from 9:00 p.m. to midnight; and on Easter Sunday from 8:00 a.m. until 6:00 p.m.

## Your Envelope Speaks ... the Inside Story

To operate, each week our parish requires a *minimum* of..... \$10,100.00

**On Sunday, March 29, 2020**

in envelopes we received ..... \$5,410.00

in the loose collection ..... 0

in electronic donations ..... \$3,691.00

for a total of..... \$9,101.00

**Under budget for the week.... \$999.00**

Number of envelopes mailed ..... 900

Number of envelopes used ..... 40

## Spending Spotlight

With the Covid-19 pandemic hitting Southeastern Michigan hard, this Palm Sunday is unlike any we have celebrated in three generations. We cannot worship in Church this year but we are doing our best to maintain as much ceremony as possible for our online masses. We will bless palms this weekend, but unfortunately, we are prohibited from distributing them. We'll hold them for later. We ordered a reduced amount of palms from our supplier at a cost of \$338.95.

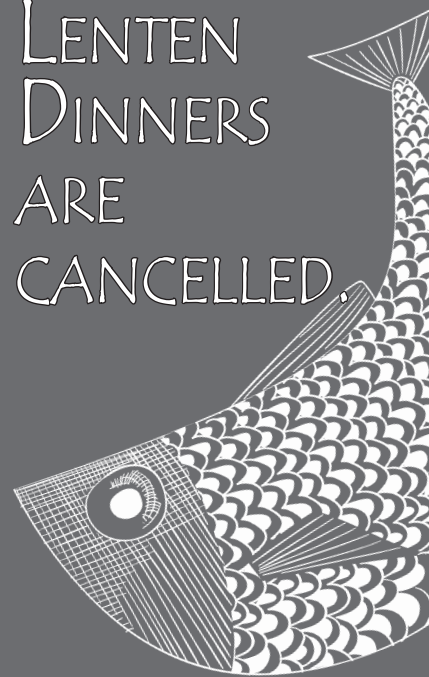
## Our Sick

Please pray for those who are seriously ill or who are hospitalized: Pat Blake, Karen Culver, Ann Sullivan Kay, Donald Miriani, Bonnie McKenna, Jeanne Noto, David Schumacker, Matthew Elias, George Bucec, Emilie Kasper, Darby O'Toole, Anna Noto Billings, Vilma Rivers, Vilma Marone, Eileen O'Brien, Martha Luna, Dina Engels, Liz Linne, Donna Barnes, Betty Greenia, Alexandra Cullen, Charmaine Kaptur, Frank Gregory, Alex Billiu, Gladys Bogos, Wayne Wallrich, Jerry Hansen, Jackie Walkowski, Kristen Kingzett, Denise DiBiancha, Valerie Dryden, Angela Stack, Maria Simcina and those suffering with the Coronavirus.

## 52 Sundays

52 Sundays offers simple and insightful ways for your family to spend time together each Sunday learning more about the Catholic faith and having fun while you're at it. Materials are available for download online or you may sign up to receive the weekly email at [www.52sundays.com/](http://www.52sundays.com/)

PENANCE  
SERVICES  
AND OUR  
LENTEN  
DINNERS  
ARE  
CANCELLED.







## Lenten Observances

• **Good Friday is a day of total fast and abstinence from meat.**

• The **Law of Abstinence** from meat binds persons from the completion of their 14<sup>th</sup> year — from the day after their 14<sup>th</sup> birthday, throughout life.

• The **Law of Abstinence** forbids the use of meat, but not eggs, milk or products or condiments made of animal fat. Permissible are soups flavored with meat, meat gravy and sauces.

• The **Law of Fasting** binds persons from the completion of their 18<sup>th</sup> year to the beginning of their 60<sup>th</sup> year, i.e., from the day after their 59<sup>th</sup> birthday.

• The **Law of Fasting** allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing as far as quantity and quality are concerned — approved local custom. The order of meals is optional; i.e. the full meal may be taken in the evening instead of at midday. Also: (1) the quantity of food taken at the two lighter meals should not exceed the quantity taken at the full meal. (2) the drinking of ordinary liquids does not break the fast.

• **In keeping with the spirit and meaning of the Lenten fast, Catholics are encouraged to observe the Good Friday fast through Holy Saturday and until after the time of the celebration of the Easter Vigil.**



## Drive Through Easter Food Basket Blessing

**Holy Saturday April 11, 12 -12:30pm**

**In the St. Ambrose parking lot. Enter through the Alter Rd. gate and form a line exiting at Hampton. Blessings will take place at the foot of the plaza cross. Please remain in your vehicles as all social distancing guidelines will be observed.**

## Spiritual Communion

Since people are unable to receive the Eucharist, the Body and Blood of Jesus, they are asked to make an act of spiritual communion.

St. Thomas Aquinas (13<sup>th</sup> century) defined this as “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received him.”

St. Teresa of Avila (16<sup>th</sup> century) wrote, “when you do not receive communion and you do not attend Mass, you can make a spiritual communion.”

St. John Vianney (19<sup>th</sup> century) wrote, “If we are deprived of Sacramental Communion, let us replace it, as far as we can, by spiritual communion, which we can make every moment; for we ought to have always a burning desire to receive God.”

St. John Paul II (20<sup>th</sup> century) wrote, “it is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of spiritual communion, which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life.”

To make an act of spiritual communion pray: *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 unit myself wholly to You. Never permit me to be separated from You. Amen.*

Another shorter prayer would be: *I wish, Lord, to receive you with the purity, humility and devotion with which your most holy Mother received you, with the spirit and fervour of the saints.*