

**My Jesus,
I believe that you are present in this Holy Sacrament of the altar.**

**I love you above all things
and I passionately desire to receive you into my soul.
Since I cannot now receive you sacramentally,
come spiritually into my soul
so that I may unite myself wholly to you now and forever.
Amen.**

based on a prayer of St Alphonsus Liguori

At the Saviour's command
and formed by divine teaching, we dare to say:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**

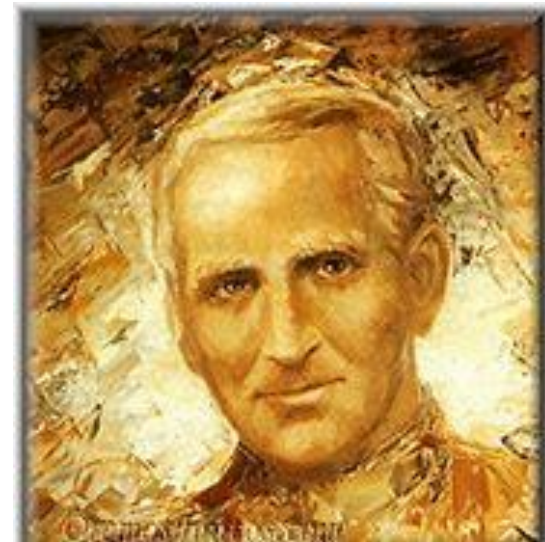


Prayer after communion

Let us pray.
May this sacrament of love, O Lord,
in flame us with that charity which
burned so strongly in St Michael
Garicoits and made him devote himself
without reservation to the salvation of
souls. We ask this through Jesus Christ
our Lord. Amen.

Spiritual Communion Solemnity of St Michael Garicoits

There are times when people are unable to receive the Body and Blood of Christ, through illness or due to their personal disposition. Even though some may not receive 'sacramental' Communion, all are united in some way by the Holy Spirit. The traditional idea of 'spiritual' Communion is an important one to remember and reaffirm. A deep spiritual communion is possible even when we do not share together the Sacrament of the Body and Blood of Christ. (cf. Celebrating the Mass 212)



Opening Prayer

Let us pray.
Father, give your Sons and Daughters the family spirit which led St Michael Garicoits to follow Christ in his obedience so that we may always do Your will with a willing spirit and a generous heart. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

A reading from the Acts of the Apostles 5:27-33

The apostles were brought in and made to appear before the Sanhedrin to be questioned by the high priest. "We gave you strict orders not to teach in this name," he said. "Yet you have filled Jerusalem with your teaching and are determined to make us guilty of this man's blood." Peter and the other apostles replied: "We must obey God rather than human beings!

The God of our ancestors raised Jesus from the dead-whom you killed by hanging him on a cross. God exalted him to his own right hand as Prince and Saviour that he might bring Israel to repentance and forgive their sins. We are witnesses of these things, and so is the Holy Spirit, whom God has given to those who obey him." When they heard this, they were furious and wanted to put them to death.

The Word of the Lord

Responsorial Psalm

Here I am, Lord! I come to do your Will.

- 1 I waited, I waited for the Lord
and he stooped down to me;
he heard my cry.
He put a new song into my mouth,
praise of our God.
- 2 You do not ask for sacrifice and offering,
but an open ear.
You do not ask for holocaust and victim.
Instead, here I am.
- 3 In the scroll of the book it stands written
that I should do your will.
My God, I delight in your law
in the depth of my heart.
- 4 Your justice I have proclaimed
in the great assembly.
My lips I have not sealed;
you know it, O lord.



A reading from the letter of St Paul to the Colossians

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

Here I am. I have come to do your Will.

Alleluia, alleluia.



A reading from the holy Gospel according to Matthew

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

The Gospel of the Lord.