

**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.**

Concluding Prayer

Renewed and nourished by the Sacred Body and
Precious Blood of your Son, we ask of your mercy,
O Lord, that what we celebrate with constant
devotion may be our sure pledge of redemption.
Through Christ our Lord. Amen.



Spiritual Communion – 12h Sunday in Ordinary Time Sunday 21st June 2020



Opening Prayer

Grant, O Lord, that we may always revere and love your holy name,
for you never deprive of your guidance those you set firm on the
foundation of your love. 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 Prophet Jeremiah

20:10-13 .

Jeremiah said:

I hear so many disparaging me,
“Terror from every side!”
Denounce him! Let us denounce him!
All those who used to be my friends
watched for my downfall,
‘Perhaps he will be seduced into error.
Then we will master him
and take our revenge!’
But the Lord is at my side, a mighty hero;
my opponents will stumble, mastered,
confounded by their failure;
everlasting, unforgettable disgrace will be theirs.
But you, O Lord of Hosts, you who probe with justice,
who scrutinise the loins and heart,
let me see the vengeance you will take on them,
for I have committed my cause to you.
Sing to the Lord,
praise the Lord,
for he has delivered the soul of the needy
from the hands of evil men.

The Word of the Lord

A reading from St Paul’s letter to the Romans

5:12-15 .

Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of ‘law-breaking’, yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man’s fall so many

died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

The Word was made flesh and lived among us:

to all who did accept him

he gave power to become children of God.

Alleluia!

A reading from the holy Gospel according to Matthew

10:26-33

Jesus instructed the Twelve as follows: ‘Do not be afraid. For everything that is now covered will be uncovered, and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops. ‘Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows.

‘So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.’

The Word of the Lord

