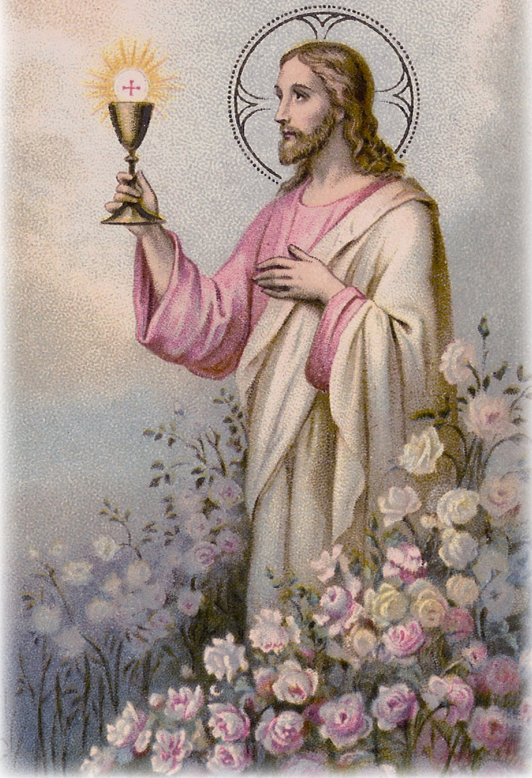


*An Act of
Spiritual Communion*



Act of Spiritual Communion

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

Our Lord to Sr. Benigna Consolata: "Make as many Spiritual Communions as possible, to supply for the many Sacramental Communions which are not made. One every quarter of an hour is not enough. Make them shorter, but more numerous."

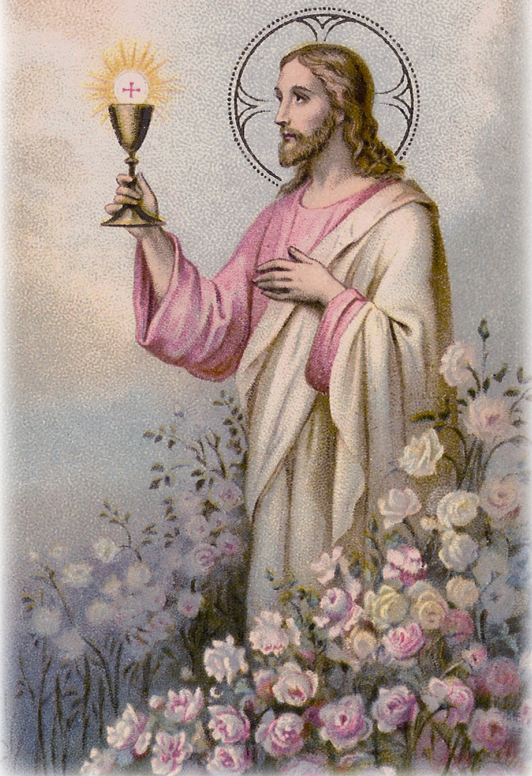
Bread of Heaven
my soul delights
in You



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