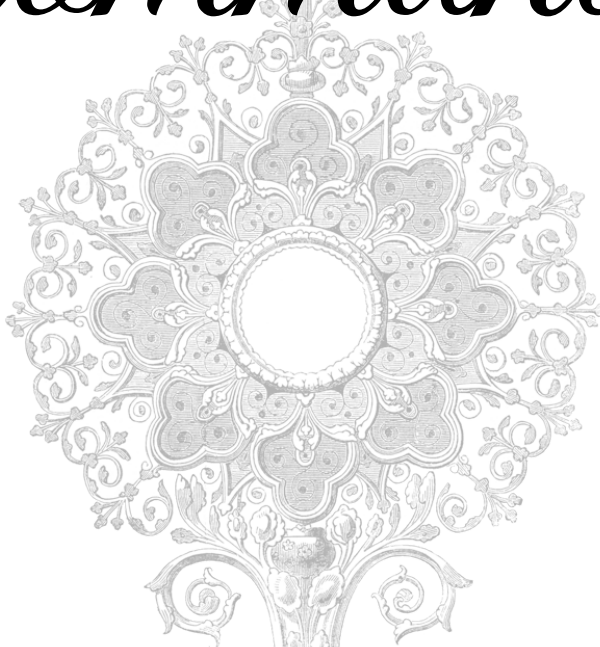


AN ACT OF

Spiritual Communion



O MY JESUS,
I LOVE YOU, I ADORE YOU,
I HOPE IN YOU, MY GOD SO GOOD.
I BELIEVE THAT YOU ARE TRULY PRESENT IN
THE MOST HOLY SACRAMENT OF THE
ALTAR.

ALTHOUGH I CANNOT NOW RECEIVE YOU
SACRAMENTALLY, I DESIRE TO RECEIVE YOU
INTO MY SOUL, AND ASK THAT YOU MAY AT
LEAST COME SPIRITUALLY
INTO MY HEART.

LORD, KEEP ME ALWAYS IN COMMUNION
WITH YOU, AND NEVER PERMIT ME TO BE
SEPARATED FROM YOU. AMEN.