

## THE SEAL

Through the prayers of our holy Fathers and Mothers,  
Lord Jesus Christ our God, have mercy on us and save us.

## TRISAGION PRAYERS

O Heavenly King, the Paraclete, the Spirit of Truth,  
who are present everywhere, filling all things,  
Treasury of Good and Giver of Life, come and dwell in us,  
cleans us of every stain, and save our souls, O Good One.

- ✠ Holy God, Holy Mighty, Holy Immortal have mercy on us.  
*(three times)*
- ✠ Glory be to the Father, and to the Son, and to the Holy Spirit.  
Now and ever and to the ages of ages. Amen.

All-Holy Trinity, have mercy on us.  
Lord forgive us our sins.  
Master, pardon our transgressions.  
Holy One, visit and heal our infirmities for your name's sake.

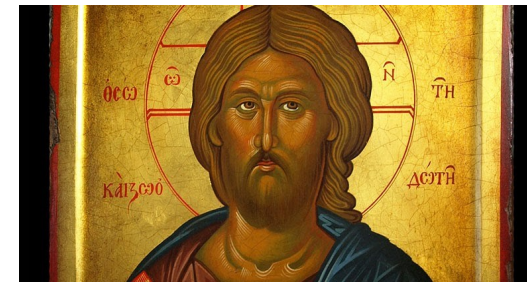
Kyrie eleison, Kyrie eleison, Kyrie eleison.

- ✠ Glory be to the Father, and to the Son, and to the Holy Spirit.  
Now and ever and to the ages of ages. Amen.

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.  
(for Yours is the kingdom and the power and the glory, of the Father, and of the Son, and of the Holy Spirit, now and ever and to the ages of ages.) ✠ Amen.

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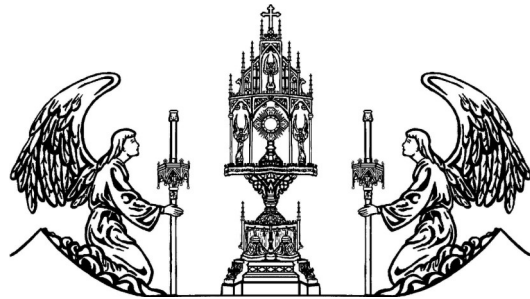
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# SPIRITUAL COMMUNION

When unable to attend Mass



✠ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

OUR FATHER

### Collect

Let the power of the Holy Spirit come upon me, O Lord, I beseech thee: that he may both mercifully cleanse my heart and defend me from all adversities. Through Christ our Lord. Amen.

### The Epistle (Revelation 3: 20)

Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me.

### The Gospel (St John 15: 5)

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

*Take a moment to think of the failures of the past week: recall any sins you have committed since your last Communion and offer them to Christ.*

### Act of Contrition

O God, I am very sorry that I have sinned against thee who art so very good. Forgive me for Jesus sake, and I will try to sin no more.

### Act of Reception

In union, dear Lord, with the faithful at every altar of thy Church where thy blessed Body and Blood are being offered to the Father, I desire to offer thee praise and thanksgiving. I believe that thou art truly present in the Holy Sacrament. And since I cannot now receive thee sacramentally, I beseech thee to come spiritually into my heart. I unite myself unto thee, and embrace thee

with all the affections of my soul. Let me never be separated from thee. Let me live and die in thy love. Amen.

Come Lord Jesus, dwell in thy servant in the fullness of thy strength, in the perfection of thy ways, and the holiness of thy spirit, and rule over every hostile power in the might of thy Spirit, and to the glory of thy Father. Amen.

May the Body and Blood of our Lord Jesus Christ preserve my body and soul unto everlasting life. Amen.

### Act of Praise and Thanksgiving

✠ Blessed, praised, and adored be our Lord Jesus Christ on his throne of glory in heaven, and in the most Holy Sacrament of the Altar. Amen.

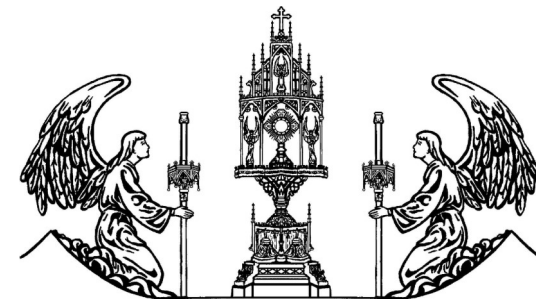
### Anima Christi

Soul of Christ, sanctify me.  
Body of Christ, save me;  
Blood of Christ, inebriate me;  
Water from the side of Christ, wash me;  
Passion of Christ, strengthen me;  
O good Jesus, hear me;  
Within thy wounds hide me;  
Suffer me not to be separated from thee;  
From the malicious enemy defend me;  
In the hour of my death call me,  
And bid me come to thee.  
That with thy Saints I may praise thee  
For ever and ever. Amen.

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