

*Your house and your kingdom shall endure forever before me;
your throne shall stand firm forever (2 Sam 7:16).*

Additional Information and Resources available to help you to remain in prayer and draw near to God during this Holy Season of Lent

1. Catholics can make an Act of Spiritual Communion

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an **Act of Spiritual Communion** which is a source of grace. Spiritual Communion means uniting one's self in prayer with Christ's sacrifice and worshipping Him in His Body and Blood. The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

An Act of Spiritual Communion

**My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.**

2. **Resources** are available to help the faithful remain in prayer and draw near to God during this holy season of Lent.

a) **Daily Mass with Word on Fire:** <https://www.wordonfire.org/daily-mass/>

b) **Free Access to Give Us This Day:** <https://giveusthisday.org/Digital>

- c) <https://www.ewtn.com/tv>
- d) <https://releванradio.com/> (or scroll down to the Link on the bottom of this page) Relevant Radio provides programming that speaks to the human condition, helping to bridge the gap between faith and everyday life. The network produces a variety of popular and exciting programs to help strengthen the family, solve everyday problems, and raise the heart and mind to God.
- e) **St. Stephen Prayer Line** can also be accessed on this website, so you can tell us who we might pray for.