

Mass Intentions



- MONDAY, APRIL 15, 2024** *John 6:22-29*
 8:30am Mary Mancuso (Living-For Healing)
 12:10pm Celest & Bill Blossfield
 William Finn Whalen
- TUESDAY, APRIL 16, 2024** *John 6:30-35*
 8:30am Private Intention
 12:10pm Harry T. Labenburg
 Madge Vogric
- WEDNESDAY, APRIL 17, 2024** *John 6:35-40*
 12:10pm Tina & Harry J. Rose
 Minerva Morales
 Melinda Ciampi & Carmen Sorrentino
 7:30pm James J. Herron (1st Anniversary in Heaven)
- THURSDAY, APRIL 18, 2024** *John 6:44-51*
 8:30am Private Intention
 12:10pm Mary Simonelli
- FRIDAY, APRIL 19, 2024** *John 6:52-59*
 8:30am Private Intention
 12:10pm James & Mary Herron (66th Anniversary in Heaven)
 Lilibeth & Benito Caballero & Graciano Reyes
- SATURDAY, APRIL 20, 2024** *John 6:60-69*
 8:30am Private Intention
 5:00pm Paul Gorostiola
 Christina Sanzone & Anna Lambrianou
 Raymond Abbazio
- SUNDAY, APRIL 21, 2024** *John 10:11-18*
Fourth Sunday of Easter/World Day Prayer of Vocations
 7:45am Anna & Michael Apollo (Living)
 Robert Giorgio
 9:00am Parishioners of Holy Name of Mary
 Brilla & George Jarldane
 Minerva & Ruben Morales (Anniversary in Heaven)
 11:00am Mary J. Herron (92nd Birthday in Heaven)
 Lina Franco & Gianni Giugliano
 Rocco A. Femia & Emilia Rappocciolo
 1:00pm Maria Del Carmen Mateo
 Juana Ninfa Zuniga (1 month Anniversary)
 Jessy Vicente

Next Sunday's Liturgy—April 21



Readings for 4th Sunday of Easter

1st Reading: Acts of the Apostles 4:8-12 Jesus Christ, the crucified, is the one in whose name healing comes.
Psalm 118:1, 8-9, 21-23, 26, 28, 29 The cornerstone, once rejected, is now pivotal to the whole structure.
2nd Reading: 1 John 3:1-2 The children of God cannot be appreciated by those committed to worldly values.
Gospel: John 10:11-18 There are two kinds of shepherds: One works for pay, and one serves in love.
FOCUS: Respond to the Lord's sacrificial love with gratitude, trust, and love.
 In today's Gospel, Jesus tells us that He suffered and died for us because of the depth of God's love for us, because this is what a Good Shepherd does for those in his care. How should we respond to such love? With gratitude, trust, and love; by listening to His voice in our lives and being obedient to His commands. This is not always an easy task, but one with which the Lord is happy to assist us.

Almighty and eternal God, protect the men and women who serve in our military. Protect them with the shield of Your strength and keep them safe from all evil and harm. May the power of Your love enable them to return home in safety, that with all who love them, they may ever praise You for Your loving care. Amen.

Eucharistic Adoration



You are invited to pray in front of the Blessed Sacrament every Thursday following the 12:10pm Mass, until 6pm; and every Saturday from 7pm - 8pm.



Priest Schedule of Masses



- Saturday, April 20, 2024**
 5:00 pm Fr. Mike Lombardi
- Sunday, April 21, 2024**
 7:45 am Fr. David Regan
 9:00 am Fr. Mike Lombardi
 11:00 am Fr. David Regan
 1:00 pm Fr. Roger Velasquez

*Presider
 Subject
 To
 change*

...Fr. David Regan

Even though Blessed Imelda was only eleven years old when she died, she was named The Protectress of First Holy Communicants by Pope St. Pius X.

Blessed Imelda Lambertini was born in Bologna, Italy in the early fourteenth century, into a well known family. Her father was a Count, a title reserved for noble families. His name was Count Lambertini and he was a rich, and powerful man. Her parents were very good living Catholics and were known to be very charitable to the poor of Bologna and especially to the monasteries and other religious who had no source of income: *because* they devoted *all* their time to prayer.

Prayer was at the center of her home life. From a very early age, her holiness and prayerfulness were obvious to those who knew her. She even made a little oratory, that is, a prayer room, for herself in her home and she would often go there to pray. Imelda loved to spend many hours in prayer, talking to her Jesus. She dearly loved to think about the Child Jesus and His life and she then tried to be like Him in all that she did. God rewarded her love for Him and filled her with Divine *Grace* and *He* made her into a very spiritual child indeed.

Coming from such a wealthy family, she could have had almost anything she wanted, and she did receive many fine presents of toys as well as pretty clothes from her parents and others who loved her for her goodness *and* her beauty as well as for her maturity. When she did get these beautiful things, she simply carried them to poor children. In this, she was following the wonderful example of her parents who were very charitable to those in need.

Imelda was interested in one thing: becoming best friends with Jesus whom she longed to serve. She was never lonely. She loved her parents and, more than the love she had for them was *the love* she had for Jesus, and she longed for the day she could live for Him and receive Him in Communion. Nobody was at all surprised when one day at the age of nine she sought her parent's permission to enter the local Dominican Convent. Imelda had a very strong desire to become a nun. Her parents knew *that she was certain that God was calling her to serve Him as a Dominican nun*, and, they recognized her special love and devotion to God and to prayer. Although it broke their hearts to do so, they consented to let her go.

The nuns were thrilled to have this beautiful girl among them and they quickly realized that this was no ordinary young child. They treated her with immense love and as a special gift from God for their community. Imelda desired so much to wear the same habit the nuns wore and they ceded to this request. She did not want to be different to them in any way. They marveled at her spiritual growth in such a short time.

There was one thing Imelda wanted and that was to receive Jesus in Holy Communion. When she put on the Dominican habit, she felt bound to Him in a very special way and she knew that He, because of the unique and great love she had for Him,

desired to come to her too. She lived *the moment when she could finally receive Jesus into her soul*. Each time the community were at Mass, when the other sisters received Jesus in the Eucharist, she so yearned to be able to do the same. She begged the Mother Superior to seek permission for her to do so from the priest. However, her response to Imelda was that the church didn't permit children to receive the Blessed Eucharist until the age of twelve, and she advised her to be patient and to make spiritual communions while at Mass, to unite herself heart and soul to Jesus spiritually without actually receiving Him.

Her whole being was devoted to Jesus hidden in the Blessed Sacrament. With all the ardor of her soul she loved Him and wanted only to receive Him. Her love was so intense that she was heard to ask some of the sisters in the community: "*Tell me, is it possible to receive Jesus into one's heart and not die?*" This was the extraordinary expression of a young girl of nine who wanted nothing more than to be united with her Jesus in the Blessed Eucharist.

Three years was, for Imelda, a time to wait. Jesus is so generous to those who give Him everything, and after she had carried this cross of suffering for some time, He did something so truly wonderful for Imelda to show He understood her suffering and to demonstrate His Divine *Love* for her.

On the 12th of May, the Feast of the Ascension of Our Lord into Heaven in the year 1333, when she was by now 11 years old, Imelda was at Mass with the community. She prayed with all her little heart. Once again, the sisters went up to receive her Hidden Friend and, once again, she felt the pain of being unable to do so. However, she got as close to Him in prayer as she could and, when Mass was over and thanksgiving prayers were said, the nuns got up and left.

The only thing to break the silence for Imelda was her heart beating with love for her forever Friend. And, then it happened!!

The nuns realized that Imelda was not with them and they decided to return to the Church to look for her. They saw Imelda in an prayerful awe and lost in wonder at a bright shining light over her head. It was a brilliant white Sacred Host suspended in the air and it remained suspended while one of the sisters ran immediately to inform the priest.

When he witnessed what was happening, the priest understood immediately the message the Good Lord was giving to him and to the community. Imelda was to receive Him in the Holy Eucharist: Jesus longed to come to this pure heart that desired Him so much. The priest was to give Imelda her First Holy Communion. He went and got the paten on which he placed the Sacred Host and proceeded to give it to Imelda, who could only feel so much joy and love and gratitude!

She never looked back.
She was now united to her Jesus forever!

RCIA Elect Receive the Sacraments of Initiation



From left to right: Dcn. Jim, Matthew Corrado, Sydney Rivera, Diana Molina, Ismael Ferreira, Fr. Mike

Sydney Rivera, Diana Molina, and Ismael Ferreira received the Sacraments of Initiation (Baptism, First Holy Communion, and Confirmation) at the Easter Vigil on March 30. They, along with Matthew Corrado, who is preparing to receive the Sacrament of Confirmation on Pentecost, May 19, have been meeting this past year to learn about our faith with our RCIA team (Pat Zolzer, Dcn. Jim and Fran O'Hara, Fr. Mike Lombardi, and Joanne and Ted Maghacot).

The Rite of Christian Initiation is a program for adults who have not been baptized or completed their Catholic initiation. If you or someone you know wants to receive the Sacraments of Initiation, please contact the rectory for more information.



**DIVINE
MERCY
SUNDAY**

April 7th

The Altar at
Holy Name of
Mary Church



ST. VINCENT DE PAUL SOCIETY BOWLING FUNDRAISER

Proceeds will benefit Holy Name of Mary Church

SUNDAY, APRIL 21, 2024

2:00pm—5:00pm (arrive 1:45pm)

MAPLE LANES (100 Maple Ave., RVC)

\$25.00 per person

5 bowlers per lane

All are welcome! Families, friends & neighbors can participate!
 Cost includes shoes, pizza & soda (gluten-free pizza will also be available).
 50/50 Raffle (cash only). Deadline to reserve your spot: April 14th.

Please complete this form, include cash, or check made payable to SVDP-HNM Parish. Mail or drop off at the Rectory Office, 55 E. Jamaica Ave. or Parish Outreach Office at 65 E. Jamaica Ave. (10am-2pm).

NAME: _____ AMT. ENCLOSED _____

NUMBER of BOWLERS: _____ NUMBER OF BOWLERS FOR GLUTEN-FREE PIZZA: _____

Any questions, call Joe Gavin @ 516-978-1449.

Financial Information

Weekly budget amount to meet parish expenses	\$13,882
Weekly offering of April 7, 2024	\$11,813
Faith Direct (average of weekly donation)	\$ 1,740
TOTAL of weekly offering & Faith Direct/Other	\$13,553
Deficit	\$ 329

FORMED

THE CATHOLIC FAITH.
ON DEMAND.

Joan of Arc

Cultivate a devotion to St. Joan of Arc, the young saint who died a martyr at the age of nineteen, by watching this powerful film. Her story comes to life in this movie and will doubtless leave you inspired by her faith in God.

Our parish has a FORMED subscription.

Visit formed.org/signup and select our parish. Scan the QR code to download the FORMED app to your phone.



SAVE THE DATE!



Holy Name of Mary School's Annual Raffle Dinner

Saturday, May 18
Stewart Manor Country Club

More information coming soon!

HNM School Registration

Join in the Spirit at Holy Name of Mary School, an AdvancEd Accredited School. To register your child for Nursery (full day, age 3), Pre-K (full day, age 4), Kindergarten (full day, age 5) or Grade 1 through 8, contact our School Office to make an appointment at 516-825-4009, or visit www.hnomschool.org for registration materials and details. Before and after school care is available for all registered students. Follow Holy Name of Mary School on Instagram and Facebook @ hnomschoolvalleystream.

Baptism Schedule

Baptisms in English are scheduled on the second and fourth Sunday of every month at 3pm. Baptisms in Spanish are scheduled on the second Saturday of every month at 12 noon. Please call the Parish Office for available dates. Baby's birth certificate and signed sponsor forms from godparents are required.

Remember In Prayer



All Those Who Are Sick

Father of Goodness and love, bear our prayers for the sick members of our community and for all who are in need...

- Annie Bottone, Anthony T. Chirico, Angela Hope Conroy
- Flo Facibene, Anthony Ippolito, Danny Larengeria
- Alice Lynch, Kevin Lynch, Joanne Menzies
- Richard Menzies, Ruth Ann Murray, Nial Pace
- Jane Pope, Eddie Pultorak, Francine Raimondi
- Vincent Raimondi, Jimmy Ross, Mary Ryder
- Mary Lou Shannon

(Names will remain on the sick list for **four weeks only**. If you would like to have the name listed again, please notify the Parish Office.)

All Those Who Have Died

Please remember in prayer the recently deceased, of our parish and for those who mourn their loss. We also remember all the souls in Purgatory.

- Terence McGoldrick
- Mary Simek, Madge Vogric

St. Vincent de Paul Message



In this Sunday's Gospel, Jesus explains the meaning of the scriptures. Like the disciples, when we offer and receive forgiveness, our hearts burn because we encounter the risen Christ within us. Have you considered answering the call to "help the poor find forgiveness and healing in their life" by joining the Society of St. Vincent de Paul?

Pantry needs: paper towels, toilet tissue, pasta sauce, juice, evaporated milk, canned meats/pasta, tuna, soup, pb&j, oil, laundry detergent, soap, toothpaste

If you or someone you know needs assistance, call SVdP or Parish Outreach at 516-825-0177. Your generous offerings helps us assist families in need in our own parish. Thank you!

Eucharistic Minister Schedule

Saturday, April 20, 2024

5:00pm

HOST} M. Garcia, R. Garcia

Sunday, April 21, 2024

7:45am

HOST} A. Paul, K. Paul

9:00am

HOST} L. Dascher, D. Brown

11:00am

HOST} N. Bohorquez, F. Bohorquez



Welcome
to Our Church

If you and your family recently moved to Valley Stream and wish to become registered parishioners of Holy Name of Mary Church, (or maybe you attend Mass regularly and have never registered), please visit the Parish Office to fill out a short registration form. Using our envelope system is the only way to have all your donations recorded.

Loose checks are not recorded, they must be placed in your registered parishioner envelope.



...P. David Regan

Aunque la Beata Imelda tenía sólo once años cuando murió, el Papa San Pío X la nombró Protectora de los Primeros Santos Comunicantes. La Beata Imelda Lambertini nació en Bolonia, Italia, a principios del siglo XIV, en una familia muy conocida. Su padre era conde, título reservado a las familias nobles. Se llamaba Conde Lambertini y era un hombre rico y poderoso. Sus padres eran muy buenos católicos y tenían fama de ser muy caritativos con los pobres de Bolonia y especialmente con los monasterios y otros religiosos que no tenían ninguna fuente de ingresos: porque dedicaban todo su tiempo a la oración.

La oración estaba en el centro de su vida hogareña. Desde muy temprana edad, su santidad y oración eran evidentes para quienes la conocían. Incluso se hizo en su casa un pequeño oratorio, es decir, una sala de oración, y allí iba a menudo a orar. A Imelda le encantaba pasar muchas horas en oración, hablando con su Jesús. Le encantaba pensar en el Niño Jesús y en su vida y luego intentaba ser como Él en todo lo que hacía. Dios recompensó su amor por Él y la llenó de Gracia Divina y la convirtió en una niña muy espiritual. Al provenir de una familia tan rica, podría haber tenido casi cualquier cosa que quisiera, y recibió muchos buenos regalos, juguetes y ropa bonita, de sus padres y de otras personas que la amaban por su bondad y su belleza, así como por su madurez. Cuando consiguió estas cosas hermosas, simplemente se las llevó a los niños pobres. En esto, ella seguía el maravilloso ejemplo de sus padres, quienes eran muy caritativos con los necesitados. Imelda estaba interesada en una cosa: convertirse en la mejor amiga de Jesús a quien anhelaba servir. Ella nunca estuvo sola. Amaba a sus padres y, más que el amor que les tenía era el amor que les tenía a Jesús, y anhelaba el día en que pudiera vivir para Él y recibirlo en la Comunión. Nadie se sorprendió en absoluto cuando un día, a la edad de nueve años, pidió permiso a sus padres para ingresar al convento dominico local. Imelda tenía un deseo muy fuerte de ser monja. Sus padres sabían que ella estaba segura de que Dios la estaba llamando a servirle como monja dominicana y reconocieron su especial amor y devoción a Dios y a la oración. Aunque les rompió el corazón hacerlo, aceptaron dejarla ir. Las monjas estaban encantadas de tener a esta hermosa niña entre ellas y rápidamente se dieron cuenta de que no se trataba de una niña común y corriente. La trataron con inmenso amor y como un regalo especial de Dios para su comunidad. Imelda deseaba tanto vestir el mismo hábito que llevaban las monjas y ellas cedieron a este pedido. Ella no quería ser diferente de ellos de ninguna manera. Se maravillaron de su crecimiento espiritual en tan poco tiempo. Había una cosa que Imelda quería y era recibir a Jesús en la Sagrada Comunión. Cuando vistió el hábito dominico, se sintió unida a Él de una manera muy especial y supo que Él, por el amor único y grande que le tenía, deseaba venir también a ella. Vivió el momento en que finalmente pudo recibir a Jesús en su alma. Cada vez que la comunidad estaba en Misa, cuando las otras hermanas recibían a Jesús en la Eucaristía, ella anhelaba poder hacer lo mismo. Rogó a la madre superiora que pidiera permiso al sacerdote para hacerlo. Sin embargo, su respuesta a Imelda fue que la iglesia no permitía que los niños recibieran la Santísima Eucaristía hasta los doce años, y le aconsejó que tuviera paciencia y hiciera comuniones espirituales durante la misa, para unirse en corazón y alma a Jesús, espiritualmente sin realmente recibirlo.

Todo su ser estaba entregado a Jesús escondido en el Santísimo Sacramento. Con todo el ardor de su alma lo amaba y sólo quería recibirlo. Su amor era tan intenso que se la escuchó preguntar a algunas hermanas de la comunidad: "Dime, ¿es posible recibir a Jesús en el corazón y no morir?" Esta fue la expresión extraordinaria de una niña de nueve años que no deseaba nada más que unirse a su Jesús en la Santísima Eucaristía. Tres años fueron, para Imelda, un tiempo de espera. Jesús es tan generoso con aquellos que le dan todo, y después de que ella había cargado esta cruz de sufrimiento durante algún tiempo, hizo algo verdaderamente maravilloso para Imelda para mostrarle que entendía su sufrimiento y demostrar su Divino Amor por ella.

El 12 de mayo, fiesta de la Ascensión de Nuestro Señor al Cielo en el año 1333, cuando ya tenía 11 años, Imelda estaba en misa con la comunidad. Ella oró con todo su pequeño corazón. Una vez más las hermanas subieron a recibir a su Amigo Oculto y, una vez más, ella sintió el dolor de no poder hacerlo. Sin embargo, se acercó lo más que pudo a Él en oración y, cuando terminó la misa y se dijeron las oraciones de acción de gracias, las monjas se levantaron y se fueron. Lo único que rompió el silencio para Imelda fue su corazón que latía de amor por su siempre Amigo. ¡Y entonces sucedió! Las monjas se dieron cuenta que Imelda no estaba con ellas y decidieron regresar a la Iglesia a buscarla. Vieron a Imelda con un temor reverencial y perdidos en el asombro ante una luz brillante sobre su cabeza.

Era una Sagrada Hostia de color blanco brillante suspendida en el aire y permaneció suspendida mientras una de las hermanas corrió inmediatamente a informar al sacerdote. Al presenciar lo que estaba sucediendo, el sacerdote comprendió inmediatamente el mensaje que el Buen Dios le estaba dando a él y a la comunidad. Imelda debía recibirlo en la Sagrada Eucaristía: Jesús anhelaba llegar a este corazón puro que tanto lo deseaba. El sacerdote debía darle a Imelda su Primera Comunión. Fue a buscar la patena en la que colocó la Sagrada Hostia y procedió a entregársela a Imelda, ¡quien sólo podía sentir tanta alegría, amor y gratitud!

Ella nunca miró hacia atrás.

¡Estaba ahora unida a su Jesús para siempre!

Growing in FAITH™



Meditations

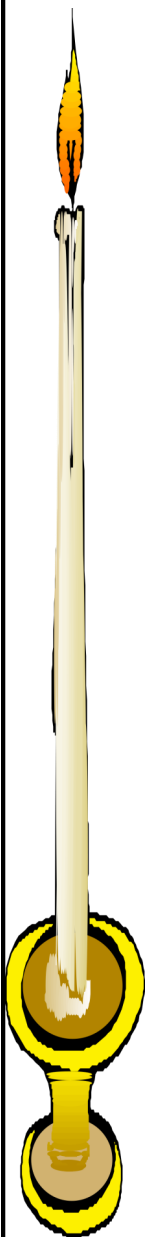
St. Gemma Galgani

Born in Tuscany to a devout family, St. Gemma was attracted to prayer early on, mystically conversing with



Jesus, Mary, and her Guardian Angel.

Although she was hard working, kind, and a good student, her ecstasies earned her ridicule. She received the stigmata (wounds of Christ) in her body. She lost half her family to tuberculosis and struggled with poor health herself. Although this prevented her from entering the Passionist Order, she was posthumously accepted by them.



We are one Body

On the road to Damascus, Jesus told Saul that when he attacked Christians, he attacked Jesus.

"I am Jesus whom you are persecuting" (Acts 26:15).



Our Lord cannot be separated from the members of his Body. We stand united with all who suffer for Christ.

"He who eats my flesh and drinks my blood has eternal life, and I will raise him up on the last day." (John 6:84).

This Easter, meet Christ at the empty tomb

The Resurrection, more than Jesus' other miracles or teachings, shows His divinity and His Lordship over creation, and His victory over death. Every Easter Sunday, we're called to encounter the Risen Christ at the empty tomb before going out to bring the Good News of the Resurrection to those who haven't yet heard. This Easter: **Visit the empty tomb.** Scripture is *"living and active"* (Hebrews 4:12), so the events of Jesus' life can still impact us today when we pray with them. During the Easter season, read through John 20:1-18, and picture yourself there. Read with an open heart. No one who meets the Risen Christ remains unchanged.

Renew your commitment to Him. Can you remember a moment when Christ called your name and invited you to follow Him? Renew

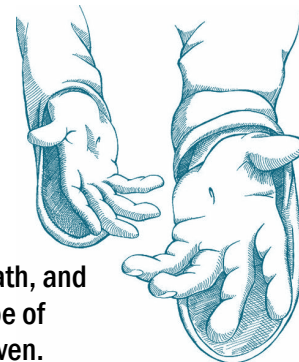
your commitment to follow Christ more faithfully this Easter. Commit to daily prayer. Offer your errands for the souls in Purgatory. Resolve to go to Confession more often. Don't let anything get in the way of weekly Mass. *"Go to my brothers and tell them,"* (John 20:17). Our job is to make more disciples for Jesus (Matthew 28:19). Invite someone to Mass, pass on inspiring spiritual reading, answer questions about our Faith, be ready to talk about your love for God and your hope for eternity.



Why do Catholics Do That



"Faith is the realization of what is hoped for and evidence of things not seen," (Hebrews 11:1). Christians know that Jesus is our Savior and our lives are in His hands. We also know that by virtue of His suffering, death, and Resurrection, we have hope of sharing in His glory in Heaven.



Why do Catholics need faith?

He said so. It is through faith that all the other virtues flow. Through faith we believe, *"For with God, nothing will be impossible,"* (Luke 1:37).

3 Ways to be a better communicator

When people encountered Jesus, they knew they were heard, seen, known, and loved by the Father. A large part of this was how He conversed with them. As Christ’s disciples aiming to convey the same message, we can become better communicators with these three skills:

Know which conversation you’re having. There are three types of conversations: social, emotional, and practical. Maybe someone offered a solution in which a listening ear was needed or made a corny joke at the wrong time. When in doubt, say something like: “Do you want me to fix this or just listen?”

Ask good questions. Jesus asked questions about people’s values, past experiences, and perceptions. Ask open-ended questions: find out what interests them, ask their opinion on a given topic. Seek to understand them. You don’t have to agree.

Really listen. Recall the rich young man whom Jesus looked at with love before challenging him to follow Him (Mark 10:21). Avoid checking your phone or thinking about your next response. Give the gift of your full attention.



from Scripture

John 15:1-8, Bearing fruit that will last

This Gospel passage takes us back to the Last Supper, when Jesus told His disciples that He is the vine, and they are the branches. *“As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me,”* (John 15:4). This shows the closeness of the friendship and intimacy Christ wants to draw us into.

Yet, this isn’t just a luxury for the few, but a vital necessity for all. *“For apart from me you can do nothing,”* (15:5). As Jesus is who He says He is (God), then we can only have a truly fulfilling, meaningful, fruitful life to the degree we live in Christ and Christ lives in us. It really is as simple as that.

Our connection with Christ is nourished through daily prayer and the Eucharist, and is healed in Confession. We are part of the Vine when we humbly obey Christ’s commands, carry out our duties and acts of kindness with love, and offer our sufferings to God. Only then will our lives bear lasting fruit.

FEASTS & CELEBRATIONS

April 2 – St. Francis of Paola (1507). St. Francis founded the Minim Friars who lived an ascetic life. Known as a miracle-worker, he also had the gift of prophecy. He died in Plessis, in a monastery built for him by the king.

April 8 – The Annunciation of the Lord (1st century). The angel Gabriel visited the Blessed Virgin Mary with the extraordinary news of her role as the mother of God. She had confidence in God’s grace and trusted His wisdom.

April 24 – St. Fidelis of Sigmaringen (1622). In his native Prussia, St. Fidelis became a lawyer and championed the poor and oppressed. He joined the Franciscans. During the Protestant Reformation, St. Fidelis worked hard to bring people back to the Catholic faith, until his martyrdom.

April 27 – St. Zita (1271). Born in Monsagrati, Italy, St. Zita became the servant of the wealthy Fatinelli family. Famous for her miracles in helping the sick, the poor, and the imprisoned, she is the patroness of domestic workers.

Q & A

What is a spiritual Communion?

Pandemic lockdowns that prevented us from attending Mass in person prompted the rediscovery of Spiritual Communion, the “ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him” (St. Thomas Aquinas). Thankfully, we have returned to in-person Mass attendance, but we can still benefit from this devotion.

Spiritual Communion keeps us connected to Christ and deepens our awareness of His love throughout the day. Best friends don’t only see or speak to each other once a week or when they need something. They stay in contact daily. Certainly, we have no closer friend than God.

The saints encouraged frequent Spiritual Communion because the practice opens us to much-needed graces. St. Alphonsus Liguori encouraged making three Spiritual Communions during Mass – at the beginning, during the consecration, and at the end – even when we receive the Body and Blood. Spiritual Communion isn’t a substitute for Sacramental Communion. Instead, making frequent Spiritual Communion can enrich our experience when we do receive Communion in person.

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