



St. Antony's Parish
FOREST GATE




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.

Prayer of Consecration to Mary

As the Father has chosen you, O Mary,
to be His Immaculate Child,
Joseph's spouse, and the Mother of His beloved Son
and of the whole Church, in full communion with the Holy Spirit,
so we choose you this day as Mother and Queen of our whole family;
and we consecrate to you our bodies and our souls,
all that we do and all that we have,
without exception.

Envelop each one of us with your most maternal mercy.
Teach us to love Jesus and the Father always more,
and in and through them, to love one another in the Holy Spirit,
discovering one another ever more profoundly in the light of Jesus,
respecting one another, and choosing one another each day
with a more divine and simple love.

O Mary, grant that each of us fulfil the Father's will each day,
in a more personal gift of ourselves,
so that our whole family may bear witness,
in the midst of the world,
to the love of Jesus victorious over evil.

Amen.