

Spiritual Communion Meditation  
November 15, 2020

Holy God: We come before you with grateful hearts, for this our sacred Spiritual Communion. We ask that through this experience you help us to be increasingly mindful of the needs of others. That you inspire us to find new ways to reach out to others in your Holy Name.

We know you are the Light of the minds who know you, and the Life of the souls who love you. Help us to love you more deeply- so that sharing your Love... and reaching out to others... may be as natural to us as our breath. You have taught us that to serve you is perfect freedom. Strengthen us to know that freedom by better serving others whom you also love.

From our Book of Common Prayer, hear a prayer for those who are neglected:

Almighty and most merciful God, we remember before you all poor and neglected persons, the homeless and the destitute, the old and the sick, and all those who have none to care for them. Help us to help those who are broken in any way...in body or in spirit. Grant this for the sake of your son, who, for our sake, became poor. Amen

You have promised to give rest to our souls. Grant to each of us now, a restful Spirit, and a peaceful mind, and in quietness and confidence and faith, help us to find new strength. And with that new strength, strengthen our resolve to seek and to serve you in all others.

Loving God: Take far from us any faithless fears, that the Light of your Love may shine forth, unclouded by our anxieties. In these troubled times for us, your Holy People, hold us close to you, we pray, and increase within us the certainty of your Presence.

You know our cares and our fears. Help us to turn them all over to you, Lord, you alone who can quiet our storms.

Lord God, strengthen us through this Spiritual Communion to increasingly be “instruments” of your Peace. That where there is hatred, we **will** sow Love and where there is despair, we **WILL** bring HOPE.

We thank you, Lord God, yet again, for this Blessed Gift of our Spiritual Communion, which binds us together as our St. Cyprian’s community, in your Holy Name.

AMEN