**A Spiritual Communion**

**With Mary**

**O Immaculate Queen of Heaven and Earth, Mother of God and Mediatrix of every grace! I believe that Thy dearly beloved Son, Our Lord Jesus Christ, is truly, really and substantially contained in the Most Blessed Sacrament. I love Him above all things and I long to receive Him into my heart. Since I cannot now receive Him sacramentally, be so good as to place Him spiritually in my soul.**

**O my Jesus, I embrace Thee as One Who has already come, and I unite myself entirely to Thee. Never permit me to be separated from Thee. Amen.**