

Spiritual Communion & The Mass of the World

EcoChaplain Roger Wharton

During the COVID-19 Crisis the churches have been closed. Many people miss the fellowship and worship with friends and family. Many people worship in the Eucharistic Tradition dearly miss receiving Holy Communion.

This is not a unique situation, many Christian over the centuries have not always had the opportunity for weekly Holy Communion. There have been other plagues, soldiers at war, sailors at sea, people too far away from a church or unable to get to church, and some churches just do not celebration Holy Communion every week.

Because of this deep need and not always being able to receive every Sunday a spiritual practice known as “Spiritual Communion” developed.

St. Thomas Aquinas defined Spiritual Communion as "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him.”

Various forms have evolved over the centuries including the Mass of the World by Teilhard de Chardin. Teilhard’s Mass is very beautiful but many people will find the language dated and complex but give it a try:

<https://d2y1pz2y630308.cloudfront.net/5520/documents/2016/10/The%20Mass%20On%20The%20World.pdf>