

**Private Preparation to receive Holy Communion
at St. Clare's, Coquitlam BC during the Covid-19 lockdown**

In your vehicle before entering the church:

As you arrive and park your car in the parish parking lot, pause and place yourself in the presence of God to make a spiritual preparation to receive Holy Communion (you still need to be in the state of grace). You may use these or your own words:

In the name of the Father and of the Son and of the Holy Spirit. Amen.
Lord Jesus, you are the True Bread of Life that has come down from Heaven. I/we come here with hungry heart(s) to receive you and to be nourished by you. Help me/us to be reverent as I/we approach you in Holy Communion. Set my/our heart(s) on fire with your love. Holy Spirit help me/us now to repent of my/or sins to the best of my/our ability.

Pause and reflect briefly. Then you may say:

Holy Spirit, fountain of love, I call on you with trust: "Purify my heart and help me to walk as a child of light."

Or:

Lord Jesus, you opened the eyes of the blind, healed the sick, forgave the sinful woman, and after Peter's denial confirmed him in your love.
Listen to my prayer: forgive all my sins, renew your love in my heart, help me to live in perfect unity with my fellow Christians that I may proclaim your saving power to all the world.

Or:

The Jesus Prayer:

"Lord Jesus Christ, Son of God, have mercy on me, a sinner".

Or: use your own words ...

Brief Scripture reading:

**A reading from the holy gospel according to John
6:51**

Jesus says:

"I myself am the living bread come down from heaven. If anyone eats this bread, they shall live forever; the bread I will give is my flesh, for the life of the world.

Or you may use one of the readings from the daily Mass.

The Lord's Prayer:

At the Saviour's command and formed by divine teaching, we dare to say:

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil.

Proceed to the church keeping the required safe distance from others.

Genuflect before the Holy Communion station. Receive Holy Communion from the priest in the usual manner in your hand. Leave the church immediately and go back to your vehicle and drive home.

At home you may conclude with the following prayer, or pray in your own words:

Concluding prayer:

Lord, Jesus Christ, you gave us the Eucharist as the memorial of your suffering and death. You renew us at your table with the bread of life. May this food strengthen us in love and help us to serve you in each other. All glory, praise, and thanksgiving to you forever and ever. Amen.