

# ***An Act of Spiritual Communion***

Text: St. Alphonsus Liguori

Music: Andrew Puntel

Guna Pantele

Reverend Monsignor Michael J. Matz

*For the Celebration of the  
Easter Season Livestream Masses at  
St. John Neumann Parish, Bryn Mawr.*

*Offered freely for  
Parish and Community Liturgical Ministry  
during the COVID-19 Pandemic .*

*Saint Camillus de Lellis,  
patron of hospitals, nurses, and the sick*

*pray for us.*

# An Act of Spiritual Communion

Text: St. Alphonsus Liguori

Music: Andrew Puntel, Guna Pantele,  
and Rev. Msgr. Michael J. Matz

with reverent devotion  $\text{♩} = 50$

The musical score is written in E-flat major (three flats) and 4/4 time. It consists of three staves: Melody, Harmony, and Piano/Organ. The lyrics are written in red text below the Melody and Harmony staves. Chord symbols are placed above the Melody staff. The Piano/Organ part features a treble and bass clef with chords and a melodic line in the bass.

**Chord Symbols:**  $E^b$ ,  $E^b_{maj7}$ ,  $E^b_6$ ,  $G_{m7}$ ,  $A^b_6$ ,  $F_{m7}/C$ ,  $F_m/B^b$ ,  $B_{dim7}$ ,  $/G$ ,  $G^7/B$ ,  $C_{m2}$ ,  $C_m$

**Lyrics:**

My Jesus, I believe that You  
are present in the Most Holy Sac - ra - ment.

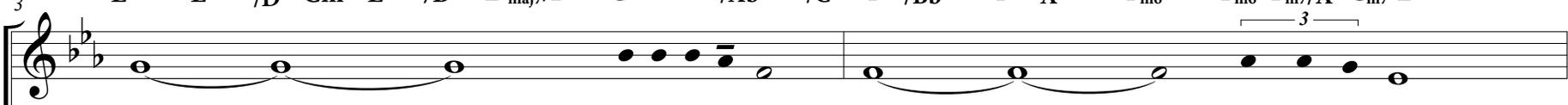
I love you above all things,  
and I desire to receive you in - to my soul

*When you do not receive Communion and you do not attend Mass,  
you can make a spiritual Communion, which is a most beneficial practice;  
by it the love of God will be greatly impressed on you.*

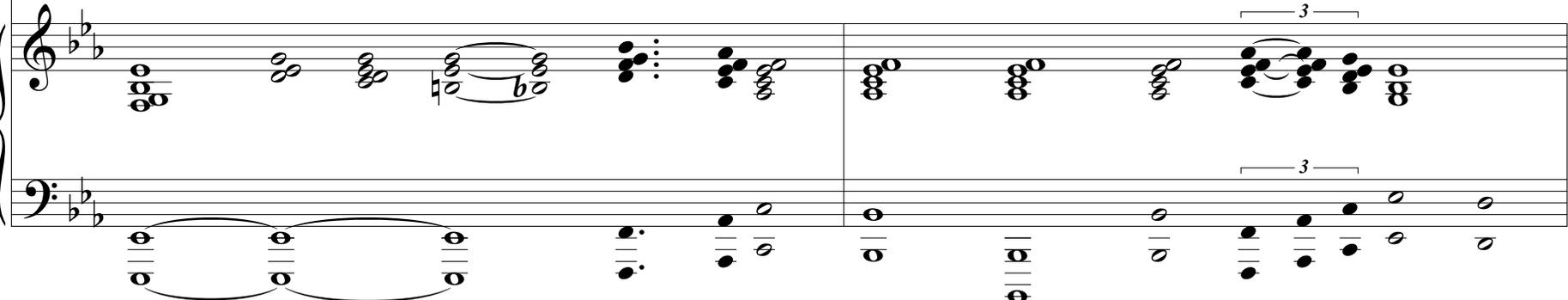
**Saint Teresa of Jesus**

An Act of Spiritual Communion

3  $E^b$   $E^b_{maj7}/D$   $Cm$   $E^b_{aug}/B$   $E^b_{maj7}/B^b$   $G^{m7}$   $F^{m7}/A^b$   $F^{m7}/C$   $F^{m7}/B^b$   $F^{m7}/A^b$   $F_{m6}$   $F_{m6}$   $F_{m7}/A^b$   $C_{m7}$   $E^b$

Mel. 

Harm. 

Pno./Org. 

Since I cannot at this moment receive you sac-ra-men-ta-ly, come at least spiritually in - to my heart.

Since I cannot at this moment receive you sac-ra-men-ta-ly, come at least spiritually in - to my heart.

*“When we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to the church, let us turn towards the tabernacle; no wall can shut us out from the good God.”*

**St. Jean-Marie Vianney**

## An Act of Spiritual Communion

Mel. C<sub>m</sub> C<sub>m2</sub> E<sup>b</sup>/B<sup>b</sup> B<sup>b</sup> E<sup>b</sup>/G F<sup>2</sup>/A B<sup>b7</sup>/A<sup>b</sup> G<sub>m7</sub> G<sub>m7</sub>/B<sup>b</sup> A<sup>b6</sup>/C G/D

5

I embrace You as if You were al - read- y there and unite myself whol - ly to You.

Harm.

I embrace You as if You were al - read- y there and unite myself whol - ly to You.

Pno./Org.

*"...an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him."*

**St. Thomas Aquinas**

An Act of Spiritual Communion

Mel.

Harm.

Pno./Org.

7 Cm B<sup>dim7</sup> Cm E<sup>b</sup>/B<sup>b</sup> A<sup>b9</sup> A<sup>b</sup> B<sup>b</sup><sub>sus4</sub> B<sup>b</sup><sub>7sus4</sub> E<sup>b</sup>

Never permit me to be sepa-rat-ed from You. A - men.

Never permit me to be sepa-rat-ed from You. A - men.

*“Even in cases where it is not possible to receive sacramental communion, participation at Mass remains necessary, important, meaningful and fruitful. In such circumstances it is beneficial to cultivate a desire for full union with Christ through the practice of spiritual communion, praised by Pope John Paul II and recommended by saints who were masters of the spiritual life” (no. 55).*

**Pope Benedict XVI**

# An Act of Spiritual Communion

*When you do not receive Communion and you do not attend Mass,  
you can make a spiritual Communion, which is a most beneficial practice;  
by it the love of God will be greatly impressed on you.*

Saint Teresa of Jesus

Saint Alphonsus Liguori

Andrew Puntel, Guna Pantele, Rev. Msgr. Michael J. Matz

The musical score is written in G minor (one flat) and 3/4 time. It consists of four staves of music. The lyrics are written in red text below the notes. Chords are indicated above the notes. Brackets group the lyrics under specific phrases.

**Staff 1:** Chords: E<sup>b</sup>, E<sup>b</sup> maj7, E<sup>b</sup> 6, G<sub>m</sub>7, A<sup>b</sup> 6, F<sub>m</sub>7/C, F<sub>m</sub>/B<sup>b</sup>, B<sup>dim</sup>7, 3/G, G<sup>7</sup>/B, C<sub>m</sub>2, C<sub>m</sub>.  
 Lyrics: My Jesus, I believe that You are present in the Most Holy Sac - ra - ment. I love you above all things, and I desire to receive you in - to my soul

**Staff 2:** Chords: E<sup>b</sup>, E<sup>b</sup> maj7/D, C<sub>m</sub>, E<sup>b</sup> aug/B, E<sup>b</sup> maj7/B<sup>b</sup>, G<sub>m</sub>7, F<sub>m</sub>7/A<sup>b</sup>, F<sub>m</sub>7/C, F<sub>m</sub>7/B<sup>b</sup>, F<sub>m</sub>7/A<sup>b</sup>, F<sub>m</sub>6, F<sub>m</sub>6, F<sub>m</sub>7/A<sup>b</sup>, C<sub>m</sub>7, E<sup>b</sup>.  
 Lyrics: Since I cannot at this moment receive you sac-ra-men - ta - lly, come at least spiritually in - to my heart

**Staff 3:** Chords: C<sub>m</sub>, C<sub>m</sub>2, E<sup>b</sup>/B<sup>b</sup>, B<sup>b</sup>, E<sup>b</sup>/G, F<sup>2</sup>/A, B<sup>b</sup>7/A<sup>b</sup>, G<sub>m</sub>7, G<sub>m</sub>7/B<sup>b</sup>, A<sup>b</sup>m7/C<sup>b</sup>, G/D.  
 Lyrics: I embrace You as if You were al-read - y there and unite my - self whol - ly to You.

**Staff 4:** Chords: C<sub>m</sub>, B<sup>dim</sup>7, C<sub>m</sub>, E<sup>b</sup>/B<sup>b</sup>, A<sup>b</sup>, A<sup>b</sup>, B<sup>b</sup> sus4, B<sup>b</sup> 7sus4, E<sup>b</sup>.  
 Lyrics: Never per-mit me to be sepa-rat-ed from You. A - men.

4-10-2020

www.sjnparish.org

# An Act of Spiritual Communion

*When you do not receive Communion and you do not attend Mass,  
you can make a spiritual Communion, which is a most beneficial practice;  
by it the love of God will be greatly impressed on you.*

Saint Teresa of Jesus

Saint Alphonsus Liguori

Andrew Puntel, Guna Pantele, Rev. Msgr. Michael J. Matz

The musical score is written on a single treble clef staff in a key signature of three flats (B-flat, E-flat, A-flat). The melody is simple and contemplative. There are four lines of music. The first line contains two phrases, each enclosed in large curly braces. The second line also contains two phrases, with the first phrase enclosed in a brace. The third line contains one continuous phrase. The fourth line contains one phrase. There are three triplet markings (a bracket with the number '3') over the notes in the first, second, and fourth lines. The lyrics are written in red text below the notes.

My Jesus, I believe that You  
are present in the Most Holy Sac - ra - ment. } I love you above all things,  
and I desire to receive you in - to my soul }

{ Since I cannot at this moment  
receive you sac-ra-men - ta - lly, } come at least spiritually in - to my heart

I embrace You as if You were al-read - y there and unite my - self whol - ly to You.

Never per-mit me  
to be sepa-rat-ed from You. A - men.