**A Prayer for When You Cannot Attend Worship**

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated. I desire to offer you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. And since I cannot receive you today in the Sacrament of your Body and Blood, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and the life to come.*Amen.*