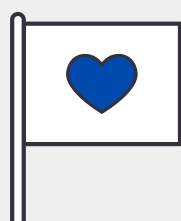


4 WAYS TO MAKE A SPIRITUAL COMMUNION



Keep it Simple

Spiritual Communion can be as simple as a 30 second prayer. This option is perfect for use throughout the day.

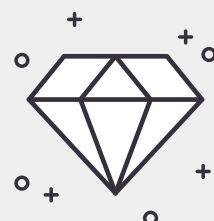
See options hyperlinked below:

[For young children](#)

[For teens](#)

[For young adults](#)

[For adults](#)



Make it special

Light a candle, bring a crucifix or your favorite religious art: Use the things around you to make this space in your home and in time different.

[For young children](#)

[For teens](#)

[For young adults](#)

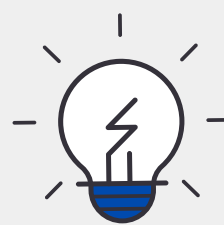
[For adults](#)



Use Online Mass

Make your Spiritual Communion in the context of Mass via online streaming. This is the perfect option for Sundays and for those who can make time during the week.

Click [here](#) to learn how.



Be Creative

Create a tradition with friends or family. Click [here](#) for ideas. Be intentional about how you can continue making Spiritual Communion even after social distancing precautions are lifted.



What is a spiritual communion?

Where did spiritual communions come from? What are they for? Have people ever done this before? Msgr. Lohse, Vicar General of the Diocese of Erie, answers all of these questions and more in this short [video](#).

For a list of other prayer resources, including live stream prayer and faith sharing groups, visit us!

Online: www.eriecd.org/FaithFormation

Facebook and Instagram: Diocese of Erie Faith Formation @FormingNWPACatholics

More information: Kate Wilson, Director for Marriage and Family Life, at 814.824.1261