

**Oh, my Jesus
I believe that Thou art truly present in the
Most Holy Sacrifice of the Altar.
Since I cannot receive Thee Sacramentally
Come into me Spiritually...**

**As though thou were already there
I embrace Thee.
Never let me be separated from Thee.**



by Ana María García

When life is normal, that is pre-Covid19, my habit is to go to Mass first thing in the morning and from there straight to work. That all changes annually in the summertime when I am required to be in the office before Mass even starts. So for years, I have been saying the above prayer, a slightly condensed Spiritual Communion prayer, whenever I am unable to attend Mass.

I love my Spiritual Communions. Sometimes, because I am so focused, so locked in, I feel as close to Jesus as I do during Mass. Especially during this time of Covid-19, when daily Communion is out of the question, I love pondering the true spiritual and physical presence of Jesus coursing through the veins of the Body of Christ, you and me.

This is what the Lord is making abundantly clear during these extraordinary times. He is present in us. We may be denied the Living Bread during this time, but He sustains us still. Over the course of our past days, weeks, months and years of our lives, we faithfully received Him in the Eucharist. So now, He resides within us, in our very cells, our marrow, our blood stream, and He flows through our hearts, calling us to love as He loved, sacrifice as He sacrificed.

Pondering His divine presence living within me I am reminded **that *In Him we live and move and have our being*** (Acts 17:28) and I imagine myself reclining in mid-air; being light as a feather, suspended and yet held in place by the compassionate, merciful and loving embrace of the One who died for us. Those who do not yet know the Lord would not be able to rest in that image. They are too weighed down by their preoccupation with worldly things and their own need for control.

Pondering this divine life within me, I see myself and all believers in the one true God as though suspended, protected, and filled with utter confidence in Him; held in His arms as we live out our lives in the midst of chaos and crisis and are transformed into signs of His presence in the world.

When we ponder these things in our hearts, as Our Lady did, we have that promised peace that defies the earth-bound understanding of the world. It is important to ponder the ways and workings of God; to consider them and incorporate them into our understanding of His ultimate will for each one of us. Then we too can become living signs of hope for those who have none.



Ana Maria Garcia is a Catholic lay evangelist representing Good News International. She proclaims the Gospel and witnesses to the healing power of God's love and mercy. Ana Maria is the mother of three children, grandmother of four, and a parishioner of the Church of St. Luke in Toms River. "*I believed, therefore I spoke.*" 2 Cor 4:13