St. Anthony Mary Claret

SPIRITUAL COMMUNION

Comunión espiritual), attributed to St. Anthony Mary Claret

From the Spanish of a scanned fragment without imprint

English translation

Contributed to Mind of the Church by a friend of the library who wishes to remain anonymous

---

TABLE OF CONTENTS

About this translation · 3
Spiritual Communion (text) · 3
End of the Preceding Chapter (fragment, p. 127) · 3
Spiritual Communion · 3
Practical Way of Communicating Spiritually · 3

About this translation

Translated from three printed pages headed *Comunión espiritual*, with no title page, author, printer, place or date. **The attribution to St. Anthony Mary Claret is uncertain**: it rests only on a modern catalogue record, and the piece is not in the lists of Claret's writings. The closing lines of a preceding chapter on the first page are translated too.

The notes give the references to Claret's sources and the notes he printed himself; the modern editors' commentary and the translator's own remarks are not reproduced.

Spiritual Communion (text)

End of the Preceding Chapter (fragment, p. 127)

"… to the devil? Tell me, Father, is so much ingratitude possible? … so much iniquity? … so much wickedness?"

Like this young man, then, you must try always to be in grace and to desire Holy Communion. Oh, if it had been possible for him to receive Communion frequently, how well he would have done it! \[*¡qué tal lo hiciera!*, literally "how such he would do it!"\] Receive Communion, then, sacramentally as often as you can with your director's permission, for by it you will gain much glory; so much so that, according to what the Venerable María de Ágreda affirms the most holy Virgin told her, the glory that many who have received Communion will have will equal that of many martyrs who did not receive it. But when you cannot do so sacramentally, make up for it with spiritual Communion, of which we are about to treat.

Spiritual Communion

Spiritual communion is the easiest, shortest and most profitable devotion, and at the same time the sweetest and most delightful occupation. It can be made in every place and at every time, without having to ask for it \[*sin haberla de pedir*: that is, without asking a priest for it, as one must for sacramental Communion\], without losing time, without our tasks or occupations falling behind, and no illness can prevent it: it is enough to want it \[*basta quererla*\]. Hence Blessed Agatha of the Cross received communion \[spiritually\] a hundred times in the course of the day \[*entre día*\], and as many more during the night; and the life of Blessed Juana de la Cruz may be said to have been one uninterrupted spiritual communion: so easy is it.

As for its profit, it will suffice to say that Jesus Christ, appearing to the said Juana, told her that the grace communicated to her through spiritual communion was as great as that which she received on communicating sacramentally. Although the grace communicated to you may be less, because you are less fervent, it will always be much, if you try to make it with all the devotion and fervour you can.

This spiritual communion consists, then, in an ardent \[*inflamado*, literally "inflamed"\] desire to receive Jesus sacramentally and to share in the graces and favours that He lavishes on those who have the happy lot \[*logran la feliz suerte*\] of approaching the holy table; but this desire requires that one have no mortal sin on one's conscience, or that one first stir oneself to contrition for one's sins. To make it easier, here is the

Practical Way of Communicating Spiritually

O Jesus, my Lord! I believe most firmly that You are really present in the august Sacrament of the altar. Ah, my God! how happy my lot would be if I could receive You into my heart!… I hope, Lord, that You will come to it and fill it with Your grace.

I love You, my most sweet Jesus… Oh, that I have not always loved You! \[*¡Que no os haya amado siempre!*, an exclamation of regret: "To think that I have not always loved You!"\]… Would that I had never

offended or wronged You, most sweet Jesus of my heart! I desire to receive You into my poor dwelling.

Here be silent, adore, and give yourself to Jesus without reserve. "Believe, and you have eaten" \[Crede, et manducasti\], says Saint Augustine. If with living faith you desire to communicate, you have already communicated spiritually.