

What to do when you cannot receive Holy Communion, whether because of illness, not being in a state of grace, caring for a new baby, a global pandemic, whatever? The answer is to make an Act of Spiritual Communion. This short one was recommended by Saint Josemaria, a longer version is:

My Jesus,  
I believe that you  
are present in the Most Holy Sacrament.  
I love you above all things,  
and I desire to receive you into my soul.  
Since I cannot at this moment  
receive you sacramentally,  
come at least spiritually into my heart. I embrace you as if you were already  
there and unite myself wholly to you. Never permit me to be separated from  
you.

Amen.

If you cannot attend Mass this Sunday because Masses have been cancelled or for another reason, you are 100% excused from your obligation. However, if you are able, it would be a beneficial practice to, in addition to making an Act of Spiritual Communion, watch the Mass on TV or do the readings, and spend some time in quiet prayer.