

Holy Father Emeritus, Pope Benedict XVI
'[SACRAMENTUM CARITATIS](#)'

"Even in cases where it is not possible to receive sacramental communion, participation at Mass remains necessary, important, meaningful and fruitful. In such circumstances it is beneficial to cultivate a desire for full union with Christ through the practice of spiritual communion, praised by Pope John Paul II and recommended by saints who were masters of the spiritual life" (no. 55).