

**Opening Prayer:** As we will be speaking about the Holy Eucharist and Covid-19, I would like to begin with a pre-communion prayer written by Saint Nicodemus of the Holy Mountain put into the plural and to my knowledge not yet translated into English.

In the Name of the Father and of the Son and of the Holy Spirit. O Nourishment beyond the Heavens, when will that hour come in which we will sacrifice our entire selves to Thee, as whole-burnt offerings touched by no other flame than that of Thy love? When, O Bread of life, O uncreated Love, when will we desire to live only from Thee, through Thee, and for Thee? O Life that is beautiful, delightful, and eternal, O our heavenly manna, when will we lose our taste for every other earthly food and desire Thee alone as our only sustenance? When will we desire this, our sole Delight, our only good? O most beloved, all-powerful Lord, free our wretched hearts from every attachment and every blameworthy passion. Adorn our hearts with Thy holy virtues, so that we might reach that complete and perfect state in which everything we do will be purely to please Thee. With an open hearts, we invite thee to come and abide in us, so that we might seize thee with delight, so that every fruit that Thou hast always desired to grow in us may come to fruition through Thee.