

## What To Do When You Can't Go to Mass

If you ever want to attend Mass and, for whatever reason, you are unable to do so, an Act of Spiritual Communion can help! No matter what your day is like, Jesus can help make it better, or at least more bearable, if you ask him for His help and guidance in prayers such as this one, composed by St. Alphonsus Liguori in the 18th century:

**My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.**

The best way to receive Christ is in Holy Communion at Mass. Yet for those times you can't make Mass, or can't take Communion because of an unconfessed mortal sin (for which you can ask for and receive God's forgiveness in the Sacrament of Penance), you can still reach out to Him by making a Spiritual Communion in prayer!

St. Thomas Aquinas once defined a Spiritual Communion as "an ardent desire to receive Jesus in the Most Holy Sacrament [in Communion at Mass] and in lovingly embracing Him as if we had actually received Him."

You can make a Spiritual Communion such as this one below during Mass, or before our Lord in the Blessed Sacrament, or anywhere else where the Spirit moves you.

**Oh Jesus, I turn toward the holy tabernacle where You live hidden for love of me. I love you, O my God. I cannot receive you in Holy Communion. Come, nevertheless, and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like unto Your own. Amen.**

**Lord, I am not worthy that You should enter under my roof, but only say the word and my soul shall be healed.**

### **Remember to Pray for Those For Whom Are Masses are Offered This Week:**

#### Mass Intentions for the week of 03/23/20

Monday ~ 03/23/20: Please pray for Rita & Wesley Frayer, Vicki, Bart, and Billy

Tuesday ~ 03/24/20: Please pray for Gary Shoup & Elizabeth Metts

Wednesday ~ 03/25/20: Please pray for Robert Hurst & Herb, Marion, and Roy Armbrustmacher

Thursday ~ 03/26/20: Please pray for Leo Henning & Jane Idzkowski

Friday ~ 03/27/20: Please pray for Leon Thelen & Martin-Simon Deceased family members

Saturday ~ 03/28/20: Please pray for Steven Doty & Regina Haines

Sunday ~ 03/29/20: Please pray for Kenneth L. Price, Janet Smith, and People of the Parish

## FOURTH SUNDAY OF LENT

### Sunday's readings:

1 Samuel 16:1b, 6-7, 10-13a; Ephesians 5:8-14; John 9:1-41 (31).

*"What do you have to say about him, since he opened your eyes?"*

### Clarity at last

Darkness and light are biblical themes that invite us to take an internal sight exam. How clearly do we see? Like the man in today's gospel, we're all born blind into a world grown accustomed to the blurred vision of habitual sin. We view most decisions in terms of what's in it for us. It's difficult and challenging to climb up to a higher point of view to ask: What will serve the common good? Today, we pray that our Elect will have the grace to seek and attain that higher ground. And might we too ask for the same?

## Wednesday 25 MAR2020

SOLEMNITY OF THE ANNUNCIATION OF THE LORD

### readings:

Isaiah 7:10-14; 8:10; Hebrews 10:4-10; Luke 1:26-38 (545).

*"Mary said, 'Behold, I am the handmaid of the Lord. May it be done to me according to your word.'"*

### Say yes to God

The Annunciation is a beautiful feast that celebrates Mary's "yes" to God during her encounter with the angel Gabriel. Mary doesn't rattle off a quick response but rather pauses and ponders, wondering what this might mean. Her response is a choice not simply to give birth to a child, but to fully embrace her identity and her calling as an intimate companion with God. "Behold, I am the handmaid of the Lord." It is as if Mary is saying, "Look! My life is fully in God! Everything about who I am is for and with God!" During this day of Annunciation, reflect on your daily "yesses." How do these reflect your own identity and life in God?

## 3 ingredients for powerful prayer

A close, loving relationship with God depends on a rich prayer life. It is through prayer that God guides, consoles, strengthens, challenges, and transforms us. Ingredients of a strong prayer life can include a Scripture reading, quiet meditation, and expectation. Meditate on Scripture each day: The Bible contains everything God wants us to know. Start each morning with a verse, a chapter, or a phrase that speaks to you and carry it with you throughout the day. Listen in silence: Listening is as important as talking. Spend 15 minutes in silence each day to listen to what God wants your heart to know. Wait in positive expectation. When we have faith that God personally loves us and wants what is best, we eagerly await the plans he has for us. "... faith is the assurance of things hoped for, the conviction of things not seen" (Hebrews 11:1). The conviction that God hears and answers us makes our prayer truly powerful.

## Why do Catholics call Good Friday "good"?

Discovering hope and joy in the Catholic faith. March 2020 Although a sad day, Good Friday actually is "good" because it is the day when Jesus saved us from our sins, reconciled us with God, and reopened Heaven. Out of what seemed like defeat, God brought a greater victory. With his sacrifice, Jesus conquered sin and death. On Good Friday, we see more clearly God's goodness, justice, wisdom, power, and love. "God proves his love for us in that while we were still sinners Christ died for us" (Romans 5:8).