**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 04/06/20**

**Monday ~ 04/06/20: Please pray for the Michael Palmer**

**Tuesday ~ 04/07/20: Please pray for Art Motz and Robert Hurst**

**Wednesday ~ 04/08/20: Please pray for The Benefactors of the St. Joseph Education Trust Fund**

 **and Dale, James, and Agatha Feldpausch**

**Thursday ~ 04/09/20: Please pray for: The Priests of the Lansing Diocese**

**Friday ~ 04/10/20:**

**Saturday ~ 04/11/20: Please pray for: People of the Parish**

**Sunday ~ 04/12/20: Please pray for: Jean Burns (30th Anniversary of Death), Mark Schafer, and People of the Parish**