

Hi everybody, it's me, Sr. Eileen.

I hope you and your families are all safe and well.

So, I was thinking that this whole thing is getting real old real fast. Just hang in there. Only Heaven is eternal. Well Hell is too... But this virus will end.

We Sisters are praying for you and your families every day in our prayers. Staying **united in Jesus** is how we will come to understand His will for us.

So I want to give you a little "class lesson." It's about **Spiritual Communion**.

Obviously you know that all the Churches are closed. You can live stream Mass at the regular times on Sunday on the Diocesan web site, but you can't receive Jesus in the Blessed Sacrament. But you **CAN** receive Jesus **spiritually**. How?

- Place yourself in Jesus' Presence, as if you were in Church in front of the Tabernacle.
- Think about Jesus and all He has done and continues to do for you. Thank Him. Adore Him. Praise Him. Ask Him for forgiveness. Ask Him for all the things you need.
- Unite yourself in your mind with all those who need your prayers and all those who are praying for you.

You could do this every day. You can read the Gospel of the day. Think about what it says, pray about it, share it with your family, talk about it. There are all kinds of apps for this, as well as web sites. Just look. You can do it. Just make sure the sources of the sites are Catholic.

The other thing is, **pray the Rosary every day**. St. John Bosco told his boys during the cholera epidemic in Turin; "Mary will bring us through all of this. Have great trust in Mary and you will see miracles." Not a single boy at Don Bosco's school got sick!

Here are some things I would suggest you do so that we can give courage and hope to one another.

- **LISTEN** Listen to everyone around you. What can you do for them? What are they asking you to do?
- **LOOK** Can you see something that will help your family? Is there a way you can see the needs of others and do something before you need to be asked?
- **OBEY** It's a four letter word that makes life so happy, peaceful and pleasant. You've got school work; do it. You've got chores; do them. You have to get up at a certain time; do it. You have been asked to stop doing something that is annoying; stop it. Just obey.
- **PRAY** Talk and listen to Jesus. It's no big deal. Just do it.

God wills our good in all things. In all things God's will is good. We may not be able to have classes, but if you can do these few things, I guarantee you will be ready for whatever comes. Be open to the Spirit. Be loving. Be calm. Take care and God bless.