

Saint Thomas More Catholic Church

4 Convent Road, Morristown, New Jersey 07960

973- 267-5330

www.stmnj.org

info@stmnj.org

We exist for one reason: to come to know and be formed by the Word of God and the Message of Jesus. When we gather in prayer and worship, in service and community, we assemble as disciples and friends with the Lord in our midst. Rooted in our Roman Catholic tradition, we are proud of our parish heritage and hopeful for our future.

Fifth Sunday in Ordinary Time - February 7, 2021

Parish Staff

Fr. Thomas Fallone, J.D.
Pastor

tfallone@stmnj.org

Fr. Joe Davis
Weekend Assistant

Fr. Daniel Chajkowski
In Residence

lionheartdan@gmail.com

Tina Jurgaitis
Parish Bookkeeper
tjurgaitis@stmnj.org

Blaze Dalio
Music Director

Frank Miles
Trustee

Mary Murphy
Trustee

Parish Facility Closures:

Except for limited, public Masses as announced on our website, and office hours by appointment, the church, the parish office and all parish grounds will remain closed until further notice. We look forward to updating you when we can resume with scheduled ministries and events.

Celebration of the Eucharist

See our website each week for the most up-to-date information on limited public Masses to be celebrated on weekends and applicable sign-up information.

Sacrament of Reconciliation (Penance)

All parish activities and events, including Penance Services and scheduled Confessions, are suspended until further notice.

Additional Sacraments and Celebrations

Baptism: Baptisms are permitted with certain restrictions, including limited attendance. All are to keep the recommended social distance. Please email info@stmnj.org for more information and to make arrangements.

Funeral Rites: Funeral Masses are permitted with certain restrictions, including limited attendance. All are to keep the recommended social distance. Please contact Father Tom for more information and to make arrangements.

Marriage: Until further notice, all weddings are deferred.



Blast from the Past(or)
Fifth Sunday in Ordinary Time
February 7, 2021

Today the prophet Job asks God to explain Himself. Have you ever been there, done that? In the throes of his suffering, Job wants God to answer for the ‘problem of evil,’ the age-old conundrum. If God is all powerful, if God is Love, then, well, what the heck is going on....? Job wonders aloud if there could be any purpose to all that keeps him awake at night. He questions God. He asks, is not man’s life on earth a drudgery? In the Age of Enlightenment, also known as the 1970’s, Judy Bloom asked, “Are You There, God? It’s Me, Margaret” (I am dating myself). More recently, Bono sang, “He made the world in seven, He’s in charge of heaven, could you put in a word for me.....?” (U2, Wake Up, Dead Man). People have agonized about the reality of God in the most trying moments of their lives. Whether it’s the trauma of being a Mets fan, eating lima beans, watching the Grammy Awards, or even reading these words, there are some experiences in life that defy explanation and seek such from God. We know that suffering is all too real: be it the loss or illness of a child, cruelty to the innocent, the grief of mental illness or the ravages of poverty and unemployment, suffering is a commonality we share. And Job’s questions remain. In 1984, Saint John Paul II wrote *Salvifici Doloris* as a reflection on the meaning of human suffering. Mindful of Job, the Good Samaritan and even Mary, the Mother of Jesus, John Paul explored the meaning of human pain in light of the Incarnation. He wrote that in the end, the ‘Job’s’ of the world seek Christ, the answer to every question that is human life. Jesus has entered the very consequence of sin which is suffering and death and He has transformed it. So too, we participate in His suffering. As difficult as it is, Christianity sees our personal Cross not as punishment, but as a recognition of Redeeming Love. May we strive to take this ‘long view’ of our sufferings, remembering always that the light of the Manger knows the shadow of the Cross....

God bless you!!!!!!!!!!!!!!



This Week’s Daily Mass Schedule

This week we will have daily Masses on Monday, Wednesday, Thursday and Friday at 8:15 am. ***Please remember advanced registration is requested. For contact tracing purposes and everyone’s safety, please make sure to sign up prior to coming.*** Sign-up information for Mass attendance and necessary volunteers will be sent via Flocknote and posted to our website, www.stmnj.org.



- Monday, February 8: Saint Josephine Bakhita**
Michael Christie
- Tuesday, February 9: Saint Jerome Emiliani**
People of the Parish
- Wednesday, February 10: Saint Scholastica**
Benny Petrillo
- Thursday, February 11: Our Lady of Lourdes**
Venus McGraw
- Friday, February 12: Saint Apollonia**
Theresa Gallagher
- Saturday, February 13: Saint Giles Mary of Saint Joseph**
Hailey Evangeline Garcia
- Sunday, February 14: Sixth Sunday in Ordinary Time**
Mike Murphy
Baby Ann Theresa Topalovic
Margaret Schott

Mass Intentions

Although we are not yet able to offer public Masses every day, Father Tom or Father Daniel continue to say Mass daily for all Mass intentions. If you would like to request that a Mass be said for a loved one or another intention, please email Sue Marshall at smarshall@stmnj.org



Mass Cards - Online Request Form

As a reminder, to help streamline things while the parish office is closed, you can request a Mass Card online! Simply go to: <https://stmnj.org/request-a-mass-card> or click on the link on our home page. Please try to provide at least 24 hours’ notice to give us time to prepare one for you. If you have trouble with the online form, you can also always send an email with the requested Mass information to info@stmnj.org. In your request please let us know if you’d like us to mail the card to you or directly to the recipient, or to leave it for you to pick it up.



Prayers for the Sick

Please join us in praying for all who are ill in our community, and in a particular way for Chris Auger, Phil Barrett, Bob Bass, Rose DeMarco, Fred Donikowski, Barbara Kline, Anne Morrison, Patty Meyers, Lorraine Zedalis Moschini, John O’Neil, Bobby Polidore, Christopher Popp, Flynn Sullivan, Mary Werner and Marlene Widmer. May God bring them and their families His healing, comfort and peace. If you would like to have your name or that of a loved one included in (or removed from) the request for healing prayers in our weekly bulletin, please send an email to Sue Marshall at smarshall@stmnj.org.



Ashes Will be Distributed at all Masses on Ash Wednesday, February 17

Masses will be held at 8:15 am, 12:10 pm and 6:00 pm. All of our COVID protocols remain in effect, including limited capacity, so please be sure to sign up in advance using the link sent in our weekly Flocknote or posted to our website, www.stmnj.org.

In light of the ongoing pandemic, things will be a bit different this year, as all parishes and institutions of the Diocese of Paterson will implement the measures directed by the Congregation for Divine Worship and the Discipline of the Sacraments as follows:

The Priest says the prayer for blessing the ashes. He sprinkles the ashes with holy water, without saying anything. Then he addresses all those present and only once says the formula as it appears in the Roman Missal, applying it to all in general: "Repent, and believe in the Gospel", or "Remember that you are dust, and to dust you shall return". The Priest then cleanses his hands, puts on a face mask and distributes the ashes to those who come to him or, if appropriate, he goes to those who are standing in their places. The Priest takes the ashes and sprinkles them on the head of each one without saying anything.

As a reminder, there is no requirement to receive ashes. Whether or not we choose or are comfortable coming to Mass to receive this symbol, we can all prepare for Lent most importantly through our internal disposition of turning our hearts toward God.

What are We Called to do During Lent?

In addition to whatever personal prayer, fasting and almsgiving each individual may decide to undertake after prayerful consideration, to further foster a spirit of reflection during Lent, Catholics age 14 and older are called to abstain from eating meat on Ash Wednesday, Good Friday and all Fridays during Lent. Ash Wednesday and Good Friday are also seen as days of fasting for Catholics between the ages of 18-59. This means there would be only one full, meatless meal, as well as food at other regular meal times equaling less than a full meal.



Parish Office

Due to the pandemic, we still do not have regular parish office hours at this time but are instead open by appointment. Email is the best way to reach us, at info@stmnj.org. You can also leave a message at 973-267-5330 and someone will get back to you as soon as possible. Thank you.



Episcopal Pastoral Visit Saturday, February 27 at 5 pm Mass

You are invited to join us as the Most Reverend Kevin J. Sweeney, D.D. visits Saint Thomas More on Saturday, February 27. Bishop Sweeney will be celebrating the 5 pm Mass with us. It's an exciting opportunity to welcome the new shepherd of our Diocese to our parish community for the first time as we gather together around the Table of the Lord. Please do note all our usual COVID protocols, including limited attendance, will be in effect at for this Mass, so if you're interested in attending, please be sure to sign up in advance. Thank you.



Supporting St. Thomas More

A continued "thank you" to all who have continued to support our parish during these challenging times. For those looking for a way to provide financial support, you can contribute through the following channels:

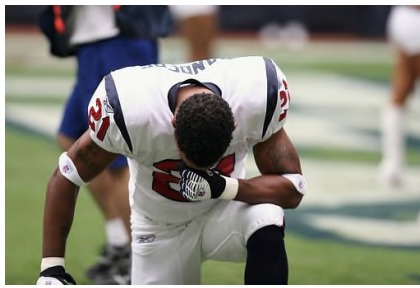
- Collections can be dropped in the basket at Sunday Mass.
- You can mail your contribution to the parish office at St. Thomas More Parish, 4 Convent Road, Morristown, New Jersey 07960
- You can quickly set up a one-time or recurring donation online by going to: <https://stthommweshareonline.org/>
- You can set up a contribution online through the Diocese's site, at helpmyparish.thankyou4caring.org. Select "St. Thomas More Church - Convent Station" and make either a one-time gift or a weekly recurring donation.

Thank you so much for your generosity!!



2020 Contribution Statements

2020 Contribution Statements have been mailed to all those for whom the parish had an address on file. If you did not receive your statement or have any questions, please reach out to the parish bookkeeper, Tina Jurgaitis, at tjurgaitis@stmnj.org. Thank you!



Football and Faith??

On this weekend of the “Big Game,” some will gather to critique commercials, others to feast on those delicious wings, and still others to watch two star quarterbacks duel on the field. With tickets exceeding \$6,000 per seat and ads costing around \$5.5 million per 30-second spot, it can seem like finance is the only focus. Yet much like He took scraps of loaves and fish and fed thousands, our Lord even finds a way to be present amidst all of the noise and hype. He can be seen in the kicker who makes the Sign of the Cross before attempting that game-winning kick, and in the players that kneel together in the end zone after running out of that tunnel, before officially taking the field. The ability of our faith to permeate our stadiums was stirringly evidenced through the recent retirement announcement by long-time NFL quarterback, Philip Rivers. In addressing his decision to step away from the game, Rivers began by saying: “Every year, January 20th is a special and emotional day. It is St. Sebastian’s Feast day, the day I played in the AFC championship without an ACL, and now the day that after 17 seasons, I’m announcing my retirement from the National Football League. Thank you God for allowing me to live out my childhood dream of playing quarterback in the NFL.”

For those who may not know, Saint Sebastian is the patron saint of athletes. Rivers wears a medal of his along with a miraculous medal and a Crucifix. Whether you’re a fan of Rivers, or he plagued your fantasy football team or you’ve never heard his name before, the NFL veteran has a powerful perspective to share with all of us about his faith and its central importance in his life. As a professional football player, he certainly had a few things on his plate on weekends, yet he has stressed how going to Mass is not an obligation, but a necessity for him. He told the *National Catholic Register* back in 2012, “When I went away to school at North Carolina State, I was on my own for the first time and really out of my element, but when I went to Mass that first Sunday, everything fell back into place. Even though I was physically a good distance from my family, I knew I was home in the truest sense...I’ve been to some beautiful churches in Denver, St. Louis and Chicago, but what’s even more beautiful than the churches is Jesus (being) always present in the Eucharist. This is true in any Catholic church you go to.” He went on to say, “It’s funny, because it’s always been a dream of mine to play in the NFL, but I was concerned about the games being played on Sundays. I love to play football but wanted to be able to attend Mass as well. Now, I do that by going to a vigil Mass or an early Sunday morning one. **Once I’ve received the Eucharist, then I’m prepared to go out and play.**” (Trent Beattie. “Catholic Quarterback Philip Rivers Passes On the Faith.” *National Catholic Register*, January 20, 2012, <https://www.ncregister.com/news/catholic-quarterback-philip-rivers-passes-on-the-faith> (emphasis added)).

So perhaps today, as we participate in Mass, whether in-person or virtually, we can take a moment to remember indeed we *are* home here and appreciate what a blessing that truly is. Jesus *is* truly present here. No matter what struggles we may be facing, what challenges may lie in the week ahead or how long our to-do list might be, we have the opportunity to take part today and every day in this incredible gift of hearing the Word of God and sharing in the Body and Blood of Christ. May we take what we learn here out into the game of life that awaits outside. Having received the Eucharistic, may we, too, speak to our Lord, echoing the words of John Fogerty’s “Centerfield”:

“Put me in, Coach, I’m ready to play!”



We need your Help!

We know how much everyone missed being able to come together to celebrate during the pandemic closures earlier this year, so as we continue to do our best to offer as many public Masses as possible, we are asking for your help...

- **PLEASE, PLEASE BE SURE TO SIGN UP IN ADVANCE FOR EACH MASS, DAILY OR SUNDAY, PRIOR TO COMING.** This not only helps us manage attendance but also enables us to have the proper resources in place and to engage in contact tracing if needed. Sign up via Flocknote, by calling the office or by emailing Sue Marshall at smarshall@stmnj.org. As a reminder, due to the limited number of spots available, we are unfortunately unable to reserve any spots on an ongoing basis, and you will need to sign up each week.

- **PLEASE CONSIDER VOLUNTEERING TO ASSIST AT MASS IF AT ALL POSSIBLE.** Each Mass requires a number of people to help— as greeters, hand sanitizers, seaters and, for daily Masses, cleaners. The same few people have been helping each week; we really would appreciate additional hands to give them a break. The more help we have, the more quickly we will be able to offer more Masses. People have asked how they can help; truly this is our greatest need for volunteers. Given all of the protocols to be followed, each Mass takes a great deal of effort to coordinate. Any additional assistance would be greatly appreciated. Please sign up on the weekly volunteer lists via Flocknote or feel free to email Sue Marshall at smarshall@stmnj.org to either sign up or to request more information.

Thank you to all for your stewardship of your parish and helping to support it during these challenging times!



As a Reminder, Here are our Weekly Mass Procedures for the Current Time:

As we continue our slow reopening, each week we will reassess what Masses and other events we will be able to hold based upon many factors, such as available resources, volunteers and attendance. We will post each week's schedule on our website, so please check back every Monday for an update.

The weekly process for Mass sign-ups will be as follows:

Daily Masses:

A Flocknote will be sent over the weekend (or early in the week) to all registered for St. Thomas More Flocknotes with the sign-up links for each daily Mass and also to volunteer to assist at each Mass.

Sunday Masses:

Tuesday: A Flocknote will be sent to registered parishioners by email requesting volunteers to be greeters, hand sanitizers and seaters at each Mass.

Wednesday: A Flocknote will be sent to registered parishioners with sign-ups for that weekend's Masses. Each Mass will be limited to 60 people. Registered parishioners will have the first opportunity to sign up until a set time on Thursday mentioned in the Flocknote. Any registered parishioner who does not have access to a computer, tablet or smartphone can call the office and request a reservation which will be granted on a first-come, first-serve basis.

Thursday: After the deadline, a link will be posted on our home page (www.stmnj.org) to the sign-ups for the remaining spots for that weekend's Masses. Again, anyone who does not have access to a computer, tablet or smartphone can call the office and request a reservation which will be granted on a first-come, first-serve basis.

Friday Afternoon, 4 pm: Sign-ups will be closed so we can plan for the Masses.

Saturday/Sunday: People who have not signed up may stop by but will only be admitted if there are spots remaining for that Mass. As a reminder, to be admitted, everyone must bring a mask/face covering and wear it for the entire Mass.

If you have any questions, please email Sue Marshall at smarshall@stmnj.org.

Thank you for your continued patience as we work through this new process!

UPDATED LIMITED PUBLIC MASS RE-OPENING PROCEDURES

[These procedures are subject to revision upon receipt of any additional guidance from Bishop, the Governor and/or any other governing entity, as well as any ways we find to improve the process as we go along.]

Welcome back! We are excited to be able to welcome those of you who will be able to join us. As we reopen our church in phases, we wanted to explain the procedures we are putting in place that will help keep you and those around you safe during Mass. Please be patient with each other and us as we learn these new procedures. Good humor, understanding and patience are very much appreciated and will add to our joy as we welcome each other back. Please remember this is a new world for all of us and we are doing our very best.

Remember:

*Please follow CDC recommendations regarding your own health. If you are at higher risk for severe illness according to the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>) we strongly encourage you to stay home and join us for Mass online. We will continue to post Sunday Mass on our website (www.stmnj.org) and our YouTube Channel. We are encouraging you to stay home because we care about you! **If you are sick or symptomatic, taking care of someone who is ill, or living with a sick or symptomatic person you must stay home.** Additionally, if for any reason you are unable or unwilling to abide by each of these procedures, we must also ask you to remain home. Each person who enters our doors is relying on compliance with these guidelines to make us all as safe and comfortable as possible. Please respect the health of those around you as well as your own by following these procedures.*

As a reminder, Bishop Sweeney has continued to dispense the obligation to attend Mass on Sundays and Holy Days of Obligation. The purpose is to enable anyone who chooses not to or is unable to attend Mass because of COVID-19 or other concerns to be serenely free. We are continuing to consider options for distribution of Communion for those who are at greater risk or will not be able to come to Mass. Please pay attention to the website and Flocknotes for further information.

MASS SIGN-UPS:

We will celebrate public Masses at a capacity of **no more than 60 people** at each Mass. We will begin with Sunday Masses only. The number of Masses each weekend will vary, starting at first with only one as we attempt a “soft reopen” to work through the system. **Initially, only those who have registered or contributed as parishioners and have provided an email address will receive a Flocknote with the link for sign-ups. Each individual will need to be signed up separately, even if part of the same family, so we can accurately gauge capacity. Please take care to avoid duplicate signups so we can allow as many people to come as possible. Please also take note of the signup cutoff time that will be referenced in the email. After that deadline we will open any remaining spots to non-registered parishioners. Also, if you reserve a spot but later cannot come, please cancel your reservation to allow someone else the opportunity to attend.**

Any online sign-up will be confirmed immediately. Any registered parishioner without access to a computer may leave a message on the parish voicemail at 973-267-5330 requesting to sign up for a specific Mass. Voicemail requests will be granted on first come, first serve basis, subject to availability. Those who have left a voicemail will receive a call letting you know if your requested Mass was available. To avoid any unnecessary trips, if you request a reservation by phone, please do not come to Mass unless you receive a call confirming your reservation.

Once we get a better feel for the demand for Mass, if we find additional spaces are available, we will also post the sign-up on our website. **While we hope to be able to accommodate everyone who wishes to attend, if we find any Mass is reaching capacity, we may institute a weekly rotation system to confirm that everyone has equal opportunity to attend Sunday Mass.**

WHEN ATTENDING MASS:

Before you arrive at church:

Before you arrive for Mass, please wash your hands for 20 seconds with soap and water. Please use the restroom before coming to church. Our restrooms will be available only in case of emergency and will be cleaned before and after each Mass. If you do need to use the restroom, please allow for only one occupant at a time (with the exception, of course, for an infant, young child or anyone else needing assistance).

Arrival at church:

Please remember to bring and wear a face mask that completely covers your mouth and nose. Unfortunately, Greeters are required to turn away anyone who does not have a face mask for the safety of all.

Please note only the front, main entrance to the church will be open. All other doors will remain locked. This door will be open 20 minutes prior to the start of Mass to ensure time to sanitize and clean the church. This also allows time to have our volunteers ready to serve you. Please remain in your vehicle until the front door has been unlocked and opened. **As you approach the church please keep a six-foot distance from anyone outside of your household.**

Please bring your own hand sanitizer to use during Mass. Greeters will check you in on the reservation list and dispense sanitizer on your hands at the entrance of the church as you enter.

In the church, every third pew will be available for seating. *Please note this important change: For now, each family will be seated by a Seater who will be responsible for filling the Church starting from the front and finishing in back. Please understand this means you will not be able to choose a preferred or "regular" seat.* Once seated, please do not leave your pew for the entirety of Mass absent an emergency. For the safety and comfort of all, we must require that no one gather in the vestibule, Sacristy or anywhere else inside the church other than in your assigned seat. Please note unfortunately the priest will not be able to meet with anyone before or after Mass. If you would like to set up a time to speak with Father Tom or another priest, please call or email to schedule a separate appointment.

If the seating in the church reaches our 60-person capacity, the Greeters will not be permitted to allow anyone else into the church. If this happens, you may return for a later Mass (when available) or watch online. Our registration for Mass should help to eliminate this problem. Greeters will be checking people in and asking those who have not registered to wait in their cars to see if a seat is available.

During Mass:

All are required to wear a face mask, fully covering their nose and mouth, for the duration of Mass. A collection will not be taken during the offertory, but a collection basket will be placed close to the entrance for your convenience. If you have not already, we strongly encourage you to set up your donations through online giving. Online giving is dependable, safe and of course much lower risk for possible transmission of COVID-19. You can sign up for online giving here: <https://stthommore.weshareonline.org/>.

We have been informed that singing expels significantly more droplets into the air and therefore increases the risk of spreading COVID-19. In response, the Diocese has determined that it is best to discourage congregational singing. Additionally, per Diocesan directives, Altar Servers will not assist at the Altar until a later date when the risk of contagion is further ameliorated. There will also be no Lectors or Eucharistic Ministers until further notice.

There should be no physical contact between different households before, during or after Mass. There will be no sign of peace, and we ask that you do not hold hands with anyone outside of your household during the Our Father. During the Communion Rite of the Mass, only the celebrant will receive Communion. *However, Holy Communion will be distributed immediately following the final blessing, as described below.*

Reception of Holy Communion:

Please note the distribution of the Precious Blood remains discontinued for the foreseeable future. The Body, Blood, Soul and Divinity of Christ is received under either species. If you would like to receive Holy Communion, after the final blessing and dismissal please remain in your seat and kneel or be seated. The celebrant will announce if he will come to each pew or direct you somewhere else, depending upon the number of people present. *Please do not approach for Holy Communion until you are directed to do so.*

Reception of Holy Communion will take place in this way: A volunteer will dispense sanitizer on your hands before you approach the priest. He will hold up the Host and say through his face mask, "The Body of Christ." Please reply "Amen," and then remove your face mask. Extend your hands at a distance with one hand flat and the other underneath it. Please do not wear gloves as they are unbecoming of the Blessed Sacrament. Receive Communion. Then please depart immediately.

If the priest has touched the hand of a communicant, he will re-sanitize his hands before distributing to the next communicant.

The Diocese has indicated that Communion should be received on the hand during this time. If that is not possible for you, please indicate this to your Seater before Mass so alternate arrangements may be made. Likewise, please notify your Seater before Mass if you require a Low Gluten Host so those arrangements can be made as well.

Departure:

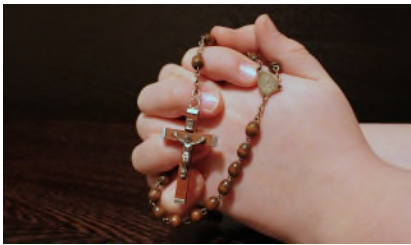
Please do not linger in or outside the church or in the parking lot. We know everyone is excited to be back and see each other, but we need to continue our social distancing efforts as we slowly re-open. There will be no hard copy bulletins at this time or collection envelopes in the vestibule. Bulletins will continue to be available online.

Let us continue to pray for one another in preparation for the day when COVID-19 is far less of a threat and all of us can be reunited (physically) in prayer and worship.

We are greatly looking forward to seeing you again!

Praised be Jesus Christ now and forever!





Ways to Stay Spiritually Connected When not Attending Mass in Person

1. **View Mass Online or on Television:** Check out our parish website to view Mass each Sunday celebrated by Father Tom. You can also view daily and weekend Masses at www.catholicstv.org or on television on EWTN.

2. **Make an Act of Spiritual Communion:** This beautiful practice has been part of the lives of countless saints who found it drew them closer to God on a daily basis. Below is a traditional prayer of spiritual communion which can be prayed while watching Mass online or on television, in the midst of your daily work, or at any time during the day, lifting up your thoughts to God.

My Jesus,

*I believe that You are present in the Most Holy Sacrament.
I love You above all things, and I desire to receive You into my soul.*

*Since I cannot at this moment 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.

3. **Pray the Rosary:** Appealing to our beloved, Blessed Mother and uniting with other Catholics throughout the world by praying the Rosary is a profound way to find peace and strength during these difficult times. A number of resources are available to assist in praying the Rosary at home, in the car, or wherever your social distancing might take you.

Apps: (Free, available in the Apple and Google Play stores)

Laudate App- Combines a large number of Catholic resources such as Daily Mass, prayers (including the Rosary), the Bible, Stations of the Cross, the Catechism and much more.

Mary App- Created by the Marian Fathers of the Immaculate Conception, this app is a helpful resource on our Blessed Mother and includes, among many other things, an interactive Rosary with an audio option.

Family Rosary's Mobile Rosary- Offers the traditional Rosary with the text of each prayer. You can pray in silence or with the companion voice of Venerable Patrick Peyton.

iRosary- Displays a fully-animated set of Rosary beads which displays each prayer as you move each bead with your finger, like a standard Rosary.

YouTube: There are many videos of people praying the Rosary that you can join. One popular example is that of the Dominican Sisters of Mary Mother of the Eucharist, which can be found through a YouTube search or at: https://www.youtube.com/channel/UCijy_J5ozpFLoxo4vZ4RRYA.

Online: The Rosary Center & Confraternity website offers a number of resources and options for praying the Rosary, including, "Praying the Rosary Without Distractions," "Scripturally Based Rosary," and "In Stained Glass." You can find a description of the Rosary and prayer links here: <https://www.Rosarycenter.org/homepage-2/Rosary/how-to-pray-the-Rosary/>

4. **Participate in Virtual Stations of the Cross:** Various examples can be found online, but here is one: <https://bustedhalo.com/video/virtual-stations-of-the-cross>.

5. **Even Washing your Hands Can Lead to Prayer:** Instead of singing *Happy Birthday*, try reciting the *Hail Mary* two times as you scrub. It's a great way to keep us centered while we're keeping safe.



Prayer of Pope Francis for Protection and Help

O Mary,

you always shine on our path
as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick, who at the cross
took part in Jesus' pain, keeping your faith firm.

You...know what we need,
and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.

Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,

Who has taken upon Himself our sufferings and carried our
sorrows to lead us, through the cross, to the joy of the
resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do
not disdain the entreaties of those of us who are in trial, but deliver
us from every danger, O glorious and blessed Virgin.