

*St. Therese of Lisieux Catholic Church*

900 Clingan Ridge Drive NW  
Cleveland, TN 37312-3750  
(423) 476-8123

March 20, 2020

Dear Brothers and Sisters in Christ,

Peace be with you. I pray that you and your loved ones are well. I am writing you today to provide important updates in light of the current coronavirus (COVID-19) pandemic.

In this fluid and ever changing time, Bishop Stika – in consultation with other Dioceses and consistent with direction by the CDC and the White House – has made the difficult decision to suspend all public celebrations of Holy Mass across the Diocese effective March 20<sup>th</sup>. He will continue to review this guidance regularly and revisit these and other actions as the situation calls for.

Please know that I will continue to offer the Mass daily for the spiritual needs of our parish community. It will be just private at this time out of concern and caution for the health of all persons.

As necessary as these changes are in helping keep us safe, it is important to remember that we remain a community of Faith. One that trust in the Lord and shares our blessings with each other. At this time we need to make extra efforts to reach out to those who need us. As a parish family, we are sharing new ways we can draw even closer to God and one another.

I invite you to say close to Christ, His Church and our parish community in some of the following ways.

- Participate in the Mass online.
- **Participate in Adoration of the Blessed Sacrament.**

We will be exposing the Blessed Sacrament for adoration from 9:00 AM to 9:00 PM every day in **the Sanctuary of the church**. Bishop Stika has waived the requirement to have at least one person present during this time. Consider stopping by the Church for a private visit with our Lord.

- We will live stream two Masses each Sunday. One in English and one in Spanish. They will be posted on our parish website [www.StThereseCatholicChurch.org](http://www.StThereseCatholicChurch.org) and Facebook page <https://www.facebook.com/St-Therese-Of-Lisieux-Catholic-Church-213751718706964/>.

You can also follow the daily Mass from the Cathedral at

[https://www.youtube.com/channel/UCAKB0mhO9ApVjXa2Y9wP\\_YA](https://www.youtube.com/channel/UCAKB0mhO9ApVjXa2Y9wP_YA)

- I will be available for the **Sacrament of Reconciliation** every Wednesday from 5:30 to 6:30 PM and every Saturday from 4:45 to 5:45 PM. At this time we ask people to remain behind the screen.
- Make a specific effort to draw closer to God in **prayer**.

-The church remains open for private prayer.

-Catholics are encouraged to make a spiritual communion (see below).

-Set aside a specific time to pray each day.

-Pray the Stations of the Cross. We have set pray booklets in the back of the Church or you can make use of online resources.

-The United States Conference of Catholic Bishops provides an audio version of the Stations of the Cross that can be practiced at home

<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/stations-of-the-cross/upload/stationsofthecross.mp3>

- Stay in contact with us by visiting our parish website [www.StThereseCatholicChurch.org](http://www.StThereseCatholicChurch.org) where we will post updates regularly.
- Follow the parish on Facebook  
<https://www.facebook.com/St-Therese-Of-Lisieux-Catholic-Church-213751718706964/>
- We are compiling a list of parishioners able and willing to assist others with essential errands in this time of isolation. Please call our office 423-476-8123 if you are able to help or are in need of assistance.

PLEASE, PLEASE, PLEASE

- Send us an email with your email address so that we can update our files and be able to reach you electronically with the most important updates. You can email us at [secretary@stthereselevelandtn.org](mailto:secretary@stthereselevelandtn.org)
- Subscribe to DioNotes for the latest news from the Diocese  
<https://dioknox.org/sign-up-for-dionotes-a-new-diocesan-newsletter/>
- Further information and resources are available on the Diocese website [www.dioknox.org](http://www.dioknox.org)

Lastly, but importantly, I want to thank you for your continued stewardship. While some of our normal practices may be altered for the time being, the needs of the parish continue. As in-person Mass attendance will be suspended for the coming weeks, please continue to support the important work of our church with your stewardship.

If you haven't already done so, I highly encourage you to use online giving to support the important work of the parish. It's safe, easy, and convenient and can be found on our website [www.StThereseCatholicChurch.org](http://www.StThereseCatholicChurch.org). (Contributions can still be mailed to the parish office 900 Clingan Ridge Dr. NW, Cleveland, TN 37312).

Please know that I continue to pray for you each day and ask that you pray also for me and our entire parish family - indeed our entire church, nation and world. In a special way, let us pray together for those affected by this serious virus and those caring for them, that they may receive the strength and care needed to assist them in their recovery.

In Christ,

A handwritten signature in cursive script that reads "Fr. Michael J. Nolan". The signature is written in dark ink and includes a small cross symbol before the name.

P.S. - If you need assistance in an emergency situation, we can always be reached at the office number 423-476-8123 or Fr. Mike's cell phone number: 423-304-3068

P.P.S. - For the most up to date information on how you can protect yourself and your family from the coronavirus, there are many resources on the CDC website at [www.CDC.gov](http://www.CDC.gov)

### **What Should I do if I can't go to Mass?**

Catholics are encouraged to make a 'spiritual communion'.

St. John Paul II writes, "It is good to *cultivate in our hearts a constant desire for the sacrament of the Eucharist.*

This was the origin of the practice of 'spiritual communion', which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life.

"If we are deprived of Sacramental Communion, let us replace it, as far as we can, by spiritual communion, which we can make every moment; for we ought to have always a burning desire to receive the good God," said St. Jean-Marie Vianney.

Saint Teresa of Jesus wrote: 'When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.'" (*Ecclesia Eucharistia*, no. 34).

### **How Do I Make a Spiritual Communion?**

*Below are recommendations for how to make a 'spiritual communion' when unable to participate in the Holy Sacrifice of the Mass. The recommendations can be adapted based upon personal and family needs.*

- Gather with others in your household and begin a time of prayer with the sign of the cross
- Take time to read and reflect upon the readings from Sunday Mass. You can find the readings at [uscgb.org](http://uscgb.org)
- Share prayer intentions quietly or aloud
- Pray the Lord's Prayer
- Pray one of the following prayers of spiritual communion (see below)
- Close with the sign of the cross

### **An Act of Spiritual Communion by St. Alphonsus Liguori**

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.

### **Prayer to the Most Holy Redeemer (Anima Christi)**

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, embolden me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within thy wounds hide me.

Never permit me to be parted from you.

From the evil Enemy defend me.

In the hour of my death call me.

and bid me come to thee,

that with your saints I may praise thee

for age upon age.

Amen.

### **Prayer to our Lord Jesus Christ Crucified**

Behold, O good and loving Jesus, that I cast myself on my knees before you and, with the greatest fervor of spirit, I pray and beseech you to instill into my heart ardent sentiments of faith, hope and charity, with true repentance for my sins and a most firm purpose of amendment. With deep affection and sorrow I ponder intimately and contemplate in my mind your five wounds, having before my eyes what the prophet David had already put in your mouth about yourself, O good Jesus: They have pierced my hands and my feet; they have numbered all my bones (Ps. 21: 17-18).

### **Pope Francis's Prayer to Mary during Coronavirus Pandemic**

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, Salvation of Your People, 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 we who are in trial, but deliver us from every danger, O glorious and blessed Virgin. Amen.

*(Adapted from [Vatican News](#).)*