

Let the circumstances of this unique time increase our hunger for Jesus in the Holy Eucharist. Holy Communion is a gift that we can never totally comprehend and should never take for granted. Let this time purify our intentions in receiving the Body and Blood of the Lord Jesus, and increase our longing for Him. I would ask that we all make this spiritual communion every day:

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.

Some ideas to help build your spiritual life and family life during this time:

- Participate in Mass on TV or online (ewtn.com or <https://www.wordonfire.org/daily-mass>), especially on Sunday morning,
- Meditate with Holy Scripture (especially the daily Mass readings)
 - www.magnificat.com/free
 - <http://www.usccb.org/bible/readings/031320.cfm>
- Pray a family rosary (it only takes about 15 minutes),
- Pray a Chaplet of Divine Mercy (it only takes about 5 minutes),
- Watch FORMED videos and movies (call the office if you have trouble accessing FORMED),
- Listen to Fr. Theo's Lenten Mission.
- Watch Lenten videos (<https://dynamiccatholic.com/best-lent-ever/lent-reflections-2020> or <https://watch.formed.org/lenten-reflections/season:2/videos/lentenreflection-day-18-do-you-thirst-for-god>)
- Pray the Stations of the Cross at home,
- Stay connected with family members and friends through phone calls, FaceTime, Skype and social media. Please be especially attentive to those who are elderly and those feeling isolated,
- Play board games, card games or dominos as a family, moderate video games and screen time,
- Read a good spiritual book,
- Get some of those closets cleaned out and other around-the-house projects done,
- Good nutrition, physical exercise and time outdoors are also important.

Many parishioners have asked how to get their financial contribution to the parish. Contributions can be mailed in, dropped off at the parish office, or the best and most secure way to contribute is electronically by clicking the Donate button at the top of this page. Thank you for your continued financial support of the parish!