

Spiritual Resources during the Coronavirus Pandemic

Even though Catholics in the Archdiocese of Washington are dispensed from the Sunday Mass obligation while public Masses are temporarily suspended, please make use of every opportunity to **nurture your spiritual life** and honor the Lord's third commandment to **keep holy the Sabbath day**. Below are some suggestions:

NEW! Check out this free [e-Seminar](#), "Hope in Times of Crisis" through the University of Dayton. It begins on April 19 and is taught by Suzanne Nelson, Adult Faith Formation Director at St. Raphael's Parish in Rockville, Maryland.

1. **Spend some time with Jesus in individual prayer before Blessed Sacrament.** Please see the times we have listed for when our church will be open for prayer in the "Coronavirus Update" section of this webpage.

2. **Read and discuss the Mass readings together as a family.** *Magnificat* is providing complimentary access to their [online version](#) to help people pray from home.

Visit www.magnifikid.com/free to view and download each weekly booklet of colorful **Sunday missalette for children ages 6 through 12**. While so many children are missing formal religious instruction and are unable to attend Mass, *MagnifiKid!* can be their special guide, accompanying them through each week as they watch Mass at home.

You can also find the Mass readings on the [USCCB](#) webpage by clicking on the calendar in the upper right hand corner.

3. **Watch the Mass on television and/or online.** The Archdiocese of Washington produces a Sunday TV Mass that can be viewed online on demand at <https://adw.org/parishes-masses/sunday-tv-mass/>.

EWTN also airs daily Masses at 7:00 am, 12 Noon, 7:00 pm, and 12 Midnight on cable and online at: <https://www.ewtn.com/tv/watch-live>.

4. **Make a spiritual communion.** You can also unite yourself to Jesus through a spiritual communion, using a prayer like this one from St. Alphonsus Liguori:

"My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen."

- St. Alphonsus Liguori

The graces of a sacramental Communion are present in a spiritual Communion: “[*through*] their desire for the sacrament in union with the Church, no matter how distant they may be physically, they are intimately and really united to her and therefore receive the fruits of the sacrament”

even absent the sacramental sign (CDF, Letter to Bishops on Certain Questions Concerning the Minister of the Eucharist).

4. **Pray the [Rosary](#) or watch it daily on EWTN at 7:30 am & 9:30 pm or pray with it on [YouTube](#).** Historically the rosary has been a very powerful weapon in times of crisis throughout the Church's history. The first reported case of the coronavirus in China was on December 8, the Feast of the Immaculate Conception. The second case was on December 12, the Feast of Our Lady of Guadalupe. Our Lady loves us so much and we can turn to our Mother in our need.

5. **Recite the [Chaplet of the Divine Mercy](#) or you can pray with this [video](#).**

6. **Pray the Stations of Cross with [audio](#) or [written](#) online resources.** EWTN airs the Stations of the Cross every Friday at 7:00 am.

6. **Listen to an inspiring Sunday homily online.** Bishop Robert Barron is a well known author and speaker throughout the country. You can find his Sunday homilies at [The Word on Fire](#) website every week. He posts them a few days before the weekend.

7. **Pray the [Litany of Trust](#).** This is a beautiful prayer composed by the Sisters of Life, especially appropriate for these times when we need to be confident that God will guide and protect us.

8. **Pray [Psalm 91](#).** This is a Psalm that asks for God's security and protection during times of pestilence and plague.

9. **Join in Pope Francis' prayer, asking Mary to protect Italy and the world during the 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 the Roman 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.

10. [**A Prayer Amid an Epidemic**](#)