

Spiritual Resources

*Stay connected to
God and each other!*

During these difficult days, the Lord always remains close to us and provides us ways to receive His grace even when we cannot attend Mass in person. Please find below resources to nourish you spiritually and help you remain as close as possible to Jesus in the Eucharist during this time. As Pope Francis encourages us, "Let us call upon him today, firmly rooted in prayer, for without prayer all our activity risks being fruitless and our message empty." (Evangelii Gaudium, no. 259)

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, light a candle 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 usccb.org. Saint Mary is providing live streamed **Daily Mass Monday-Saturday at 9AM and Sunday Mass at 10AM** on our **Facebook** page, **YouTube Channel**, and our Parish website at www.churchofsaintmary.org. Additionally, Fr. Bellopede will be posting a Lenten Reflection each day at 1:30pm on **Facebook**, our **YouTube Channel** and at www.churchofsaintmary.org. They will remain posted on our website and archived to our **Saint Mary Roman Catholic Church YouTube Channel** each day.
- Share prayer intentions quietly or aloud. Pray the Lord's Prayer.
- Pray an **Act of Spiritual Communion** (see below). Close with the sign of the cross.



Stations of the Cross

The Stations of the Cross began as the practice of pious pilgrims to Jerusalem who would retrace the final journey of Jesus Christ to Calvary.

Later, for the many who wanted to pass along the same route, but could not make the trip to Jerusalem, a practice developed that eventually took the form of the fourteen stations currently found in almost every church.

Stations of the Cross will be live streamed each Friday of Lent at 1:30pm at www.churchofsaintmary.org



Act of Spiritual Communion

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.

Oh my God, my only hope, I have placed all my trust in You, and I know I shall not be disappointed. (Diary 317)

Free Online MAGNIFICAT

Magnificat is providing complimentary access to help people pray from home at <https://us.magnificat.net/free>

Rosary Campaign for an End to the Coronavirus – Daily 8 PM (ET)

The Office for the New Evangelization of the Archdiocese of Philadelphia invites you to join them online, by phone or in spirit as they pray the Rosary every night at 8PM. Full details at www.phillyevang.org/rosary