

Coronavirus (COVID-19) News

As indicated on our website main page, this week Archbishop Prendergast decided to cancel all masses and parish activities. This directive took effect this past Wednesday and will be in place until and including Palm Sunday, April 5. Further directives will be issued regarding Holy Week and Easter Services.

We have now advised the parents of the First Communion children that all the current dates that had been set aside for the celebration of First Communion are no longer in place. We will be setting new times when we resume regular weekend Masses.

Office Hours Changes

Kindly note that the parish office is closed at the recommendation of the Public Health Agencies.

The Office Manager will be working remotely from home. If you require any form or assistance or have any questions, you may call 613-744-1518 or email at olmc400micro@gmail.com. All calls and emails will be returned. Thank you for your kind understanding.

Prayers for the Sick

It is important that we keep praying for the parish sick. They are members of the high risk group. They are:

Tess Liam; Lina Peters; Pauline Doyle; Deacon Norm; Roy Conrod; Aurelio Balaba; Ike Ukwu; Sylvia Carter; Jim Sutton; Alicia and Frank Gutschi; Ron Delaney; Donald MacKenzie; Jane Dominic; Simon Jacques; Marilyn D'Amour; Carlos Quiroz; Eddy So; and Helen Smith. We also pray for all those who are ill and the families affected at this time. May God bless and heal them.

Parish Stewardship

As indicated on the website cover page, the parish still has to meet its monthly financial responsibilities. As such, we would greatly appreciate if you could donate via our on-line link or you may drop off or mail your donation. Thank you in advance for your kind consideration in this regard.

Daily Mass

Daily televised Mass is available from a number of TV and internet sites. Some of those are listed below. This provides an excellent opportunity to pray for all those affected by this serious virus.

Here are a few of the sites for daily Mass:

<https://dailytvmass.com/about/broadcast-schedule/>

<https://dailytvmass.com/#>

<https://saltandlighttv.org/live/?muid=1>

<https://radio-maria-toronto.click2stream.com/>

<https://livestream.com/saintbenedictparish>

<https://dailytvmass.com/>

You may also locate other sites by searching "Daily Mass" using Google.

Prayer for Spiritual Communion

By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask him to unite himself with us.

Here is the Act of Spiritual Communion written by St. Alphonsus de 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.**