

APRIL  
2020

life.

**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.*

HERE and AROUND the ARCHDIOCESE...

\*\*\* The **ABORTION FACILITY** at 2701 Gen. Pershing (near Baptist Hospital) is **CURRENTLY CLOSED** due to Governor John Bel Edwards's state mandate that all elective surgeries be eliminated due to the coronavirus pandemic. \*\*\*

In light of the coronavirus pandemic we are currently experiencing, we continue to respect all life, from the very beginning to the very end, but how we live it out looks different than it did before the pandemic began. Even while maintaining responsible social distancing, we continue to remember others in prayer and to find creative ways to reach out to those most affected by this disease, including those experiencing loneliness in their isolation.

We can find inspiration online and in the news to safely reach out to others, as well as to respect our own lives by doing what we can to stay healthy emotionally, mentally, physically, and spiritually. We present just a few of those ideas here. Let us keep each other in prayer and stay focused on God's immeasurable love for each one of us!

**A few ideas while staying at home during the pandemic...**

- 1.) Maintain a prayer time each day. Find one new thing that you are grateful for every day.
- 2.) Stay close to your normal routine. Wake up and go to bed around the same time, eat meals, shower, maintain an adapted exercise regimen, and get out of your PJ's.
- 3.) Reframe "I am stuck inside" to "I can finally focus on my home and myself." Take on that long-procrastinated project. Do one productive thing per day. Set your sights on long-avoided tasks, reorganize, or create something you've wanted to get to but didn't have time to do. Clean out that closet. De-clutter your home. Make Marie Kondo proud.
- 4.) Avoid obsessing over endless Coronavirus coverage. Choose only credible websites (who.int or cdc.gov is a good start) for a limited amount of time each day (perhaps two chunks of 30 minutes each)
- 5.) A cluttered home can cause you to become uneasy and claustrophobic of your environment- so keep it tidy, clean, and organized.
- 6.) Start a new quarantine ritual. Take a walk every day at a certain time, connect with your sister over FaceTime every morning, or start a watercolor painting which you can add to everyday. Having something special during this time will help you look forward to each new day.
- 7.) Consult your priest or physician if anxiety becomes unmanageable.
- 8.) Stay connected with friends or family members via a phone calls, Face Time, Skype, Zoom, ...
- 9.) Reach out to others you think might need help and ask for help from others if you need it.
- 10.) Remember that we will get through this!

*Christ has no body but yours,  
No hands,  
No feet on earth but yours,  
Yours are the eyes with which  
He looks with compassion on  
this world,  
Yours are the feet with which  
He walks to do good,  
Yours are the hands, with  
which He blesses all the world.  
Yours are the hands, yours are  
the feet, yours are the eyes,  
you are His body.  
Christ has no body now on  
earth but yours.*

**Saint Teresa of Avila**

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## SAINT OF THE MONTH

### OUR LADY of GOOD COUNSEL

#### Feast Day – April 26

Mary has been honored under the title of Our Lady of Good Counsel since apostolic times. Mary, as the Mother of Christ, lived her whole life under the guidance of the Holy Spirit of Counsel, who overshadowed her at the Annunciation and throughout her life. She gave herself entirely to God's wise and loving plan and was enlightened by the gifts of the Holy Spirit, one of which is the gift of counsel. She wishes to give her children her wise and prudent counsel whenever we need it. Her image had been venerated in the Albanian capital city of Scutari but was being threatened to be destroyed by invading Turks. Miraculously, this small, fragile icon was transported in a cloud to a small sanctuary, dedicated to her from the 4<sup>th</sup> century, in Genezzano, Italy on April 25, 1467, where it has hung without any support ever since. Many miracles have been attributed to Our Lady of Good Counsel's intercession. Her feast day is celebrated on April 26.



#### **Prayer for the Feast of Our Lady of Good Counsel**

Lord, You know that our thoughts on earth are full of fear and uncertainty; through the intercession of the Blessed Virgin Mary, from whom Your Son took flesh and blood, send us the gift of counsel to teach us how to discern Your will and to guide us in all we do. Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, one God, for ever and ever. Amen.