

March 20, 2020



**Dear Parishioners of Visitation Catholic Church:**

I hope you are all well, and courageously making your way through this unexpected journey we are all on!

I really miss seeing everyone, but hope to keep us all connected through a weekly letter. I will share a few pieces of information and some thoughts, and welcome any responses that you want to send my way.

The first thing I want to mention to everyone, is to keep checking our website:

<https://visitationchurch.org/>

We will keep updating the information on the website as we get it, so this is the best way to keep informed about our parish, and websites for livestream/taped Masses. The information below and on the following pages might be of interest to you, as well...

- For updates regarding the COVID-19 virus, you can access this government website:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- And this Washington State website:

<https://coronavirus.wa.gov/>

**To help us all stay connected:** (you may not be able to click on these web-sights listed. If not, just copy and paste them or type them into your URL)

- *Visitation Church building* will be unlocked from 9:00 AM until 7:00 PM for quiet personal prayer with the Blessed Sacrament in the closed Tabernacle. Please follow the social distance guidelines of at least 6 feet between you and any other person there. The heat is off, so dress warmly.

- *Email me* ([rebecca@visitationchurch.org](mailto:rebecca@visitationchurch.org)) or *call* our parish (253-473-4960) with any prayer requests or other special requests. We do get the messages.

- *Father Bourke* is available for confessions or other needs by appointment. Please call or text him directly at 1-360-333-5244.

- *Archbishop Etienne* will start streaming Masses daily at 8:30 a.m. here:

<https://vimeo.com/archdioceseofseattle>

*Prayer for Spiritual Communion: My Jesus*, I believe that you are present in the most holy Eucharist. 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.**

- *The Vatican website* has many links, including a special Masses for the elderly and for the family (scroll halfway down in this link)

<https://www.vaticannews.va/en.html>

- *Sacred Heart Radio* has many programs to offer, including Daily Mass, the Rosary and the Divine Mercy Chaplet. (click on the *Programs* link at the top of this website)

<https://sacredheartradio.org/programs/>

- *Bells in Solidarity:* To demonstrate our solidarity with everyone who is impacted by the coronavirus, the Archdiocese of Seattle has recommend that pastors ring their church bells at noon. At this time, we encourage all to pray *the Angelus* as a family in our homes, and conclude with the prayer to *Our Lady of Seattle*.

(See *the Angelus* and *Our Lady of Seattle* on pages below)

## **The Angelus Prayer (English)**

*V. The Angel of the Lord declared unto Mary.*

R. And she conceived of the Holy Spirit.

Hail, Mary, full of grace, the Lord is with thee;

blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God, pray for us sinners,

now and at the hour of our death. Amen

*V. Behold the handmaid of the Lord.*

R. Be it done unto me according to thy word.

Hail, Mary ...

*V. And the Word was made flesh.*

R. And dwelt among us.

Hail, Mary ...

*V. Pray for us, O holy Mother of God.*

R. That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son was made known by the message of an angel, may by His passion and cross be brought to the glory of His resurrection. Through the same Christ Our Lord. Amen.

**H**oly Mary, we come before you as spiritual children in great need, seeking your intercession, and asking that your mantle of love surround us to console, protect, and lead us to your son Jesus.

We entrust all of God's family, especially the church in Western Washington, into your immaculate hands. With your son Jesus' gentle power you can *undo any knot* in our church, and in the lives of believers who entrust themselves to your care.

Today I especially entrust to you [*mention request/ Coronavirus here*], and I ask that — through your intercession, and that of St. James, our guardian angels, and the faithful in our archdiocese — we may be free from every spiritual and temporal ill, and be safely led to encounter your son's merciful, sacred heart.

Our Lady of Seattle, Undoer of Knots, pray for us!



Please remember our leaders in your prayers, as well.

Please pray for our president, Donald Trump.

Please pray for our Governor, Jay Inslee.

Please pray for our State Senators, Maria Cantwell and Patty Murray.

Please pray for our State Representatives, Denny Heck (10<sup>th</sup> District) and Derek Kilmer (6<sup>th</sup> District).

Please pray for Archbishop Peter Etienne, and auxiliary bishops Eusebio Elizondo and Daniel H. Mueggenborg.

Please pray for Father Martin Bourke.

Please pray for the staff and volunteers of our Visitation Catholic Parish.

Please pray for all members of our parish, the homebound, and for all affected by these events.

Please pray for all members of our world who are infected with the COVID-19 virus.

*“Through Him [then] let us continually offer God a sacrifice of praise, that is, the fruit of lips that confess His name. Do not neglect to do good and to share what you have; God is pleased by sacrifices of that kind. Obey your leaders and defer to them, for they keep watch over you and will have to give an account, that they may fulfill their task with joy and not with sorrow, for that would be of no advantage to you.” Hebrews 13: 15-18*

In God’s ever present Love,

Rebecca Braun,

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