



Diocese of Ogdensburg

The Roman Catholic Church in Northern New York

The Diocese of Ogdensburg is actively following the directive of the county public health departments to ensure that all diocesan parishes, schools, ministries, and charities are responding appropriately to the spread of the coronavirus (COVID-19).

Documents:

[A statement from Bishop Terry R. LaValley regarding all public Masses in the Diocese of Ogdensburg beginning Wednesday, March 18 are suspended until further notice.](#)

Let us use this time of great anxiety, uncertainty and suffering to grow closer to God through increasing our prayers and sacrifices for the good of all. In addition to praying daily the Marian Prayer I asked we all pray during this time of crisis (below), I invite you to consider other suggestions to make this an especially fruitful Lenten Season for you personally and for the world. These can be especially helpful in addressing our Diocesan Priority of Strengthening Faith Formation in Family Life.

Online/Televised Mass:

Of course, attending Mass is best and most proper. While we cooperate and try to slow the spread of the coronavirus, you can participate via television, Internet and radio options. On March 22nd, we will begin streaming Mass from St. Mary's Cathedral at 8:00am at <https://www.rcdony.org/livemass>. More options include:

• Within the Diocese of Ogdensburg

- Internet streaming
- St. Mary's Cathedral, Ogdensburg live at 8am Sunday, <https://www.rcdony.org/livemass>
- St. Augustine's Church, Peru: Our Daily Mass is at 8am at our "Our Mother Mary" site: <https://www.facebook.com/ilovemothhermary/> Sunday Mass is streamed to Our Mother Mary live at 9:30am, <https://www.facebook.com/StAugustinesChurchPeruNY/>
- Cable television – depending on your coverage area, on delay up to a week
- St. André Bessette Parish, Malone from Notre Dame, Malone airs Thursday at 7pm and 9pm and Sunday at 9am on Spectrum channel 30.
- St. Bernard's Church, Mass from St. Bernard's in Saranac Lake or Church of the Assumption in Gabriels, airs Sunday at 11am and 8pm on Spectrum channel 2. Stations of the Cross from St. Bernard's airs the next 5 Fridays at 8pm.
- Nearby dioceses
- Albany: multiple options available at <https://www.rcda.org/livemass>
- Syracuse: Internet streaming at <https://www.youtube.com/syrdio>
- New York: SiriusXM, The Catholic Channel, channel 129, from St. Patrick's Cathedral, NY weekdays 7am, Sundays 10am, 11am and Our Lady of Angels, Los Angeles at 1pm
- Other
- EWTN: Mass is aired at 12am, 8am, 12pm and 7pm on Spectrum channel 460, DirectTV channel 370, Dish Network channel 261 and is available via streaming at <https://video.ewtn.com/>
- CatholicTV Network: Internet live streaming at <https://www.watchthemass.com/>.

Word on Fire Daily Mass broadcast at <https://www.wordonfire.org/daily-mass/>

Spiritual Tips:

- Take time to pray the Stations of the Cross on your own, particularly on Fridays, connecting your struggle with Jesus' solitude in carrying His cross to Calvary.
- Pray a family rosary at home for Coronavirus victims.
- Pray the Divine Office as a family.

Read the Bible, Lives of the Saints and good spiritual books.

Practical Tips:

- Establish your new family schedule– allow kids to have a real impact on what their days are going to look like. be intentional about things like screen time, getting outside, and physical activity
- You're going to have a lot MORE time than usual, so one idea is to slowly expand things that your kids do– if they usually have to practice piano for 30 minutes, for example, maybe make it 35 for the first week, 40 for the next, etc.
- It's a great time to teach everyone in the family to cook! There are great things like home-made pasta that you probably never have time to make.
- Have a kid that hasn't learned to ride a bike yet? This is the perfect time.
- Set aside time after lunch to do family cleaning/sanitizing (wiping down high touch surfaces)
- Review the kids spring/summer clothing/ switch the closets around from winter to spring
- Do a gratitude exercise with the family– but make up some rule, like "everything has to start with the letter R and include adjectives"
- Nature hiking- maybe the same walk at different times of day, observing how it changes at different times.
- Start indoor seeds (Now is a great time! Get some native wildflower seeds or vegetable seeds and start them inside and they will be ready to plant in May!)
- Get an area ready outside for gardening. You can plant radishes and greens now, maybe even some hardy lettuce
- Spring cleaning! Work on fixing up or organizing an area of the house
- Perform music or have a family jam session
- Have the kids prepare a play to perform in the evening
- Play 1 board game as a family each week
- If you are asked to telework, find a routine and pace that allows for the most productivity, yet does not overwhelm you. Be sure to distance your personal and professional lives at your new "home office."
- Be conscious of your mental health during this time of great anxiety. Be kind to yourself, be calm, and be patient with yourself and others.