



*Saint Lawrence Parish Community  
One East Union Street  
Goffstown, New Hampshire 03045-1826*

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**Dear Parishioners,**

Because of the COVID 19 Virus, we are now restricted from the celebration of Mass for the general public, as we are prohibited from gathering in a group of more than 10. I will continue to celebrate Mass, but it will be at a time of my choosing, in order to satisfy the intentions that have been requested.

When possible, the person or persons requesting the intention may be invited to attend that Mass, but that number cannot exceed 10 people, which includes the priest.

While this is a drastic and unprecedented move, it will serve to allow us to fulfill the directive of our bishop that Masses and the Eucharist continue to be celebrated for the intentions of all the faithful, and, remain compliant with the guidelines set forth by our President and the CDC to limit the number of people in any one gathering to 10.

I encourage all of you to watch the mass on television. Masses that are televised (EWTN, Boston Catholic Television, etc.) or live streamed by computer ([www.watchthemass.com](http://www.watchthemass.com)) or broadcast by radio are specifically designed to be available for the sake of the people who are homebound.

It is encouraged that during this confinement we make use of any of these broadcasts of the Catholic Mass for participation during this time when unable to attend. In addition to making a **prayer of Spiritual Communion** (*like the one on the following page*), prepare for the Mass or make a thanksgiving after the Mass by praying the Rosary.

After each Our Father say:

“Our Lady, Health of the Sick, pray for us.”

“Comforter of the Afflicted, pray for us.”

“Queen of the Most Holy Rosary, pray for us.”

“Queen of Peace, pray for us.”

Then continue with the Hail Mary’s for that decade of the Rosary.

**I will be available for the Sacrament of the Sick and Confessions as needed, please call the parish at 497-2651 or the rectory at 497-2622.**

Starting March 23, the parish office will be closed to the public, but the phones and e-mails will be monitored daily. Additionally, all parish activities are suspended, including Adoration, Stations of the Cross, Monday night rosary, RCIA, etc.

During these difficult times please do your best to keep supporting the church financially. You can do so electronically by going to the parish website [www.stlawrencegoftstown.org](http://www.stlawrencegoftstown.org). Please call the office if you need help setting this up.

Together let us continue to pray for each other, for our Nation and the world for healing, for peace and an end to this pandemic.

God bless,  
Rev. David Kneeland, Pastor St. Lawrence Church

*Tel (603) 497-2651 Fax (603) 497-3668*

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## Act of Spiritual Communion

Below is a traditional prayer of spiritual communion that many saints have prayed over the years. It can be prayed if you find yourself at Mass unable to receive the Eucharist, or even in the midst of your daily work, lifting up your thoughts to God.

The ultimate goal of our lives should be communion with God and an act of spiritual communion can help a person draw closer to that goal.

*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.*