



## ST. MARK CATHOLIC CHURCH

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March 17, 2020

Since the public celebration of Mass is suspended until at least April 6, Archbishop Carlson has dispensed everyone from the obligation to attend Sunday Mass through April 5.

There are alternatives to attending weekday and Sunday Mass in person. You may view Mass daily on television on EWTN, or online at sites such as:

Cathedral Basilica of St. Louis <http://cathedralstl.org/live/>

Bishop Robert Barron <https://www.wordonfire.org/daily-mass/>

Eternal Word Television Network (EWTN) <https://www.ewtn.com/tv>

You may also read the daily readings:

<http://www.usccb.org/bible/index.cfm>

Discuss the readings with your family, pray with your family, and make a **spiritual act of communion**:

"I wish, my Lord, to receive you with the purity, humility, and devotion with which your most holy Mother received you, with the spirit and fervor of the saints."

-Most Rev. José H. Gómez, Archbishop of Los Angeles

Or

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.

-<https://www.ewtn.com/catholicism/devotions/act-of-spiritual-communion-339>

As we endure these frustrations and inconveniences, I also encourage you to pray the Rosary together, or other devotional prayers. This is an opportunity not only to practice our faith and trust in our Lord, but to grow in faith and trust.

Fr. Hecktor