

## **How Should I Spend My Sundays when Public Masses Are Canceled?**

- 1) Read the Scripture passages for that Sunday's Mass ([www.usccb.org](http://www.usccb.org)), or in the *Magnificat*. Spend time with your family actually meditating on Sacred Scripture.
- 2) Pray the family Rosary. But pray the family Rosary with the intention of making this a family tradition that will stick every Sunday, perhaps even every day, even after the outbreak is over. Fathers and mothers, if you can make the daily Rosary mandatory for your family, then your teens might complain at first, but it will eventually become the most peaceful time of their hectic day. The Rosary is only 20 minutes long, meaning that it is only 1.38% of your day. And it nearly guarantees your family's salvation if you look at the promises Our Lady made to St. Dominic.
- 3) Make a spiritual communion. The following is a great prayer, composed by St. Alphonsus Liguori, that I strongly recommend should be copied, pasted, and printed on your refrigerator:

**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.**

This prayer should be said by you at Mass during Holy Communion any time you are in mortal sin and you cannot go to confession before Mass begins. No, a private act of contrition is not enough to go to Holy Communion without sacramental confession! Make an act of spiritual communion instead. In fact, many saints prayed a spiritual communion every hour on the hour. Legend has it, for example, that St. Maximilian Kolbe made an act of spiritual communion every fifteen minutes of his waking day!

- 4) Unite the suffering of missing Mass in March 2020 to the hundreds of thousands of persecuted Catholics who *never* get to go to Mass. If the strongest Catholics in the world do not “deserve” the Mass in Divine Providence as they languish in prisons, then surely we Western Catholics chewing gum and yawning during Mass should be extremely thankful if we get Holy Mass 49 out of 52 Sundays this year. There have been 70 million Christian martyrs in history, but nearly 50 million of them have died in the past 100 years; that means most Christian martyrs of history are *our* contemporaries, *not* those of the ancient Roman Empire!
- 5) Find a priest to hear your family’s confessions. The modern hierarchy is putting the emphasis the Eucharist and extreme unction, whereas the traditional mind of the Church in times of plague puts the emphasis on Baptism and Reconciliation. These latter two sacraments are more necessary for salvation, at least in times of emergency. This is not my opinion; rather, it is the mind of every ecumenical council and every priestly saint who is hungry for the salvation of souls.
- 6) Read the *Catechism of the Catholic Church* to see how seriously God takes the Third Commandment as an all-Sunday commitment; God actually expects the *entire* day to be sacred. If you can show me where in Canon Law Mass is to be only 60 minutes, I will follow it. But the truth is that Mass is only *part* of the Lord’s Day, and the *whole* day is to be set apart, sanctified, and made holy. In Africa, for example, Mass frequently lasts for three hours, and *then*, people will spend the *rest* of the day together in eating, prayer, music, dancing, etc.