



Dear Frassati Catholic Families,

How will your family celebrate the Lord's Day this Sunday?

As we adapt to a new way of observing Sunday Mass, especially because this may last for weeks, I encourage you to begin thinking now about how you will lead your family in keeping holy the Lord's Day. In times of confusion and fear, we Christians have Hope—trust in God—as our anchor, and keeping holy the Lord's Day is an important way for your family to hold on to this anchor tightly.

Some suggestions to consider:

- Wear what you would normally wear to Mass.
- Create a sacred space in your home.
- Join together to watch Mass online (see links, below). Note: although we cannot receive sacraments online or by telephone, we *can* receive sacramentals this way. That is, if a priest, bishop, or pope gives a blessing and you are watching it live, you and your family receive that blessing. If you are watching Mass online, ask your family to participate by standing, kneeling, responding to the prayers, etc.
- Join in your own family service. Select family members to read the Sunday readings (see link, below) in advance so that they can practice. Select a member of the family to explain the readings, like a homily. Remember that we are body and soul: include something physical in your service, such as coming forward to touch the feet of Jesus on the Crucifix, or coming forward to receive a blessing from the father of the family. This blessing can be given with words, or could be a powerful silent prayer: place your hand on each child's head for a moment of silence, then use your thumb to mark the sign of the cross on his/her forehead. I promise that you will find it moving to see how your children pray, and how closely they will imitate the way you show them to pause and move as a sign of reverence.
- Teach your children about how to make a Spiritual Communion. This means simply to pray, "Jesus, come into my heart, as closely as possible to the way you come into our hearts in the Eucharist." Catholics are encouraged to pray this way whenever we are unable to receive the Eucharist. Many of the Saints prayed this way several times a day, even when they were planning to receive the Eucharist soon, and this is a good practice: making a Spiritual Communion is filled with grace and also increases our desire for the Eucharist. Then, when we do receive the Eucharist, our openness and desire will allow us to receive additional grace.
- Especially in these days when children are home all week, plan ways to set apart Sunday as the Lord's Day with special meals, a decorated table, a break from work, spending time outside, spending time playing games or just being together, and counting your blessings and thanking God.

It will be helpful in these days to keep to a routine and to maintain normalcy wherever possible.

My prayers for you and your families,

Sister John Paul, O.P.

Archdiocesan Resources

<https://www.archgh.org/resources/health-updates/mass-and-liturgy-livestream-schedule/>

Daily Mass Readings

<http://www.usccb.org/bible/readings/>

<http://us.magnificat.net/flipbook/HTML/index.php#!VVMjMiMyMDIwIzEzZmJlIzIzZmky>

Live Stream Mass

<https://ap.church/mass-live-stream/>

<https://saintpatrickscathedral.org/live>

<https://www.nationalshrine.org/mass/>

<http://www.catholicv.org/masses/catholicv-mass>

<https://thedailymass.com/mass/>