



Saint Mary Parish



Keeping Us Connected Newsletter

Volume I, Issue II

Peace, Health, and Blessings to all!

In this issue of *"Keeping Us Connected,"* there are several things of interest. There's a video reflection on the ancient Catholic practice of **making a Spiritual Communion** when you can't receive at Mass. There's information on **Sunday Mass**, a video of **Stations of the Cross** in our Church (coming soon), **Exposition of the Blessed Sacrament** on March 25, and news about opportunities for the **Sacrament of Confession**.

Having heard from so many in recent days, I know how deeply you feel the loss of Mass, the sacraments, and our community. I have the same sense of loss, but doing what we can, we will stay close to the Lord who can work wonders, and stay close to one another.

Please feel free to send me what you and your family are doing these days to keep connected, focused in faith, and maybe even to just stay sane – especially if you have kids. We will share some ideas with Parishioners. One thing I can share now: members of our Men's Ministry are calling Parishioners 70 years old and older to check in on them. That's a great service and I am grateful to them. More will follow in the same vein. Lastly, watch the second video (below) on how we're cleaning the Church and other buildings. It's fascinating and only about 20 seconds long.

***Praised be Jesus Christ!
Now and Forever. Amen.***

Continued prayers and blessings from all our clergy,

**Monsignor Royal's Video
Reflection**

The Catholic Practice of Making a Spiritual Communion

Excerpted from a longer article - [Read More](#)

St. Thomas Aquinas taught that Spiritual Communion is *“an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him as if we actually received Him.”* Think of it! You can have your own private “audience” with Christ in Spiritual Communion or in front of the Blessed Sacrament! Countless Saints and theologians throughout the centuries have extolled the virtues and great spiritual benefits we can receive from this time spent with our Lord. Remember, however, that you can “turn toward the holy tabernacle” and receive Jesus *in your heart* from *anywhere* you might happen to be, *at any time, day or night!*

SAMPLE PRAYERS

Here are some sample prayers for making a spiritual communion:

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

Another version reads:

Oh Jesus, I turn toward the holy tabernacle where You live hidden for love of me. I love you, O my God. I cannot receive you in Holy Communion. Come, nevertheless, and visit me with Your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like unto Your own. Amen. Lord, I am not worthy that Thou shouldst enter under my roof, but only say the word and my soul shall be healed.

St. Jean-Marie Vianney once said *“when we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to the church, let us turn towards the tabernacle; no wall can shut us out from the good God.”* We can indeed be grateful for that!

Upcoming Prayer Moments of Interest

Sunday Mass from St. Mary's - Sunday, March 22 at 8:00 A.M.

It can also be watched later in the day.

[CLICK HERE FOR LINK](#)

Exposition of the Blessed Sacrament

Wednesday, March 25 - The Feast of the Annunciation

10:00 A.M. to 4:00 P.M. in the Church.

Since the Blessed Sacrament exposed should never be left unattended, it would be good for some Parishioners to let us know when they will be present. All others many come at any time, for as long as they like. Let's all simply be aware of keeping the appropriate separation according to health directives.

[CLICK HERE TO SIGN UP](#)

Sacrament of Confession

As other parishes are doing, we will try to make Confession available while at the same time abiding by the directives of both the Bishop and civil authorities and healthcare personnel. Two trial runs will take place next week: Tuesday, March 24 from 12:30 to 1:30 P.M. and Saturday, March 28 from 3:30 to 4:30 P.M.

Monday's Newsletter will offer the details.

Church Bells Ring Noon Each Day for the Angelus.

We will ring the church bells every day at noon. Whether you can hear them or not, let's try as one community in the Lord to pray the Angelus together at that time, wherever we are.

If you don't know the Angelus pray 3 Hail Mary's (or take this opportunity to learn it).

Parish Stations of the Cross Video

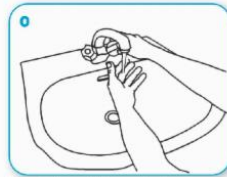
Stations of the Cross will be filmed in our Church and posted so we can pray together as a faith community.

Coming next week.

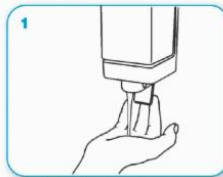
Chuckle of the day...

How to handwash Catholic Style!

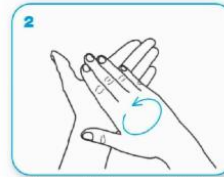
 30-45 second wash time



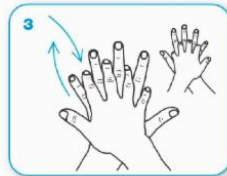
Our Father, Who art in heaven,
Hallowed be Thy Name.



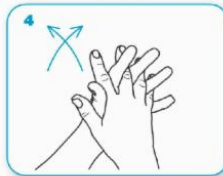
Thy Kingdom come.
Thy Will be done,
on earth as it is in Heaven.



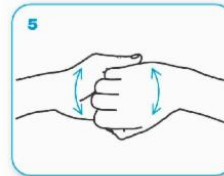
Give us this day our daily bread.



And forgive us our trespasses,
as we forgive those who trespass
against us.



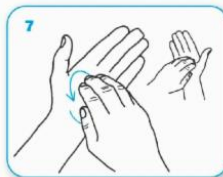
And lead us not into
temptation, but deliver us
from evil. Amen.



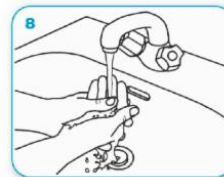
Hail Mary, Full of Grace,
The Lord is with thee.



Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.



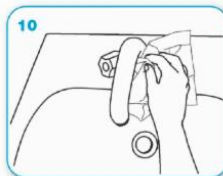
Holy Mary, Mother of God,
pray for us sinners



now, and at the hour of
our death. Amen.



Glory be to the Father,
and to the Son,
and to the Holy Spirit.



As it was in the beginning,
is now, and ever shall be,
world without end.



Amen.

Clean hands are life savers

... and prayers save souls!



LINKS

[Diocesan Website](#)

[Bishop Suspends Masses Until April 3](#)

[Coronavirus Resources & Information](#)

[Online Daily Mass](#)

[Online Sunday Mass with Bishop Caggianno and Msgr. Powers](#)

[How to say the Rosary](#)

[How to recite the Chaplet of Divine Mercy](#)



Saint Mary Parish

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March 22, 2020

A Warm & Welcoming Family of Catholic Faith



Lent can be a heavy time, as we wait for the coming of our Savior. But if we focus on the Lord and His victory, it can be an entirely different experience. He who overcame even death is our Lord. Rise up on the inside knowing you are safe in his everlasting arms and the beauty and joy of the Resurrection will be yours.

Our Church is open daily 8 AM - 6PM

It is sanitized daily at 7 AM

ADORATION:

Once the Chapel is open again, **sign up** to become a regular Adorer (for one hour per week).



Open Adoration Hours:

Monday	7 am, 1 pm, 2 pm
Tuesday	8 am
Thursday	1 am, 10 pm
Friday	7 am, 3 pm and 4 pm
Saturday	3 pm and 10 pm
Sunday	5 pm

OFFERTORY:

Your support helps maintain our Church facilities and bring the Eucharist and God's Word to our community - plus it helps those in need through our many ministries. [Ways to give.](#)

Online Giving is an easy way to give with a click of a button.
Online Giving

PRAYERS:

Please remember our sick in your prayers and those who care for them, especially ***Bill Brown, Evelyn Burns, Thomas Castellani, Carol Dalessio, Roula Lee, Scott McCaughey, Fabiola Rincon, Ira Rothman, and Stephen Smith.***

PLEASE NOTE: Only immediate family members may add someone to our prayer list. Individuals will be removed monthly unless we are otherwise notified.

RECENTLY DECEASED:

Angelina Falotico
Bea Hushak

May they rest in the peace of our Lord.

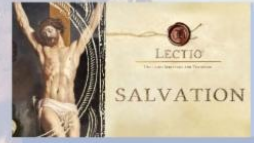
Funerals

FORMED
Parish-Wide Study

Week 4

Not Just Personal

Last week, we saw that salvation is not without cost. We were “bought with a price” and made for communion with the Most Holy Trinity through Christ’s Body, the Church. This week, we will explore the relationship between Christ and his Church and what it means for us and our salvation.



This week, go to FORMED and watch *Lectio: Salvation* Session 4

FORMED

formed.org/signup

FORMED PICK OF THE WEEK:
SALVATION



Welcome to Opening the Word, a program offering prayer and insights for the Sunday Readings. Featuring a variety of experienced presenters including Dr. Tim Gray, Mary Healy, Scott Powell, Dr. Edward Sri, and Fr. John Riley, Martha Fernandez, and Ben Akers, the videos are designed to facilitate thought and discussion for personal faith formation or in the context of a group meeting. Personal Prayer Journals and a group Leader’s Guides are also available to make the most of these Sunday Readings. [Show more](#)

**Fourth Sunday of Lent - March 22, 2020 -
Opening the Word Weekly Reflection • 5m 34s**

This Gospel reminds us that the way we see best, is through the eyes of faith, for then we see the world the way God sees it. But first we have to recognize that without Jesus, we are truly blind. [View Here](#)