

## ALL SAINTS CATHOLIC PARISH

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KNOXVILLE, TN 37923-2229

March 20, 2020

Brothers and sisters in Christ,

Today, I was struck by a quote I saw online encouraging us this spiritual desert has the potential to create a hunger that will form us into the saints of our time. The encouragement was simply “Let this season make you a saint.” What inspiring words for us in the face of uncertain times!

With that in mind, in addition to the live stream of Mass in our parish, we would like to offer you daily content through our online means to assist in our continued growth as a “joyful, Eucharistic community.” The first step is simple, but perhaps most important to offer a Spiritual Communion. Two simple prayers to do so are:

*O Jesus, I turn toward the holy tabernacle where you live hidden out of love for 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. Come and never leave. Purify it. Sanctify it. Render like unto your own. Lord, I am not worthy that you should enter under my roof, but only say that word and my soul shall be healed. - Amen.*

*Or:*

*My Jesus, I believe that You are really present in the Most Holy Sacrament. I love You above all things, and I desire to possess You within my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace You as being already there and unite myself wholly to You. Never permit me to be separated from You. - Amen.*

In the days ahead, the staff of All Saints will be sharing via our website, parish app, and social media updates from ministry groups, ways to pray & study together remotely, reflections on art & beauty, and opportunities to share with one another while still observing the distance needed to stay safe.

If you are Not already receiving emails from All Saints, please email Parish Secretary, Meghan Forbes [Meghan.forbes@allsaintsknoxville.com](mailto:Meghan.forbes@allsaintsknoxville.com), to update your registration to include email.

In addition, follow our official parish Facebook page, All Saints Catholic Parish via this link: <https://www.facebook.com/allsaintsknox/>.

Lastly, you can receive updates through our parish app. If you haven't already downloaded the parish app, you can do so one of two ways.

The easiest way is to send a text to the number 88202. In the text message, type app. You will then receive a message back and the link to the app store. Download or install on your phone and you are set!

If for some reason that way does not work, you can go directly to the app store. To download the myparishapp on your iphone or android device, just go to your app store or play store and search for myparishapp, download the app and then search for All Saints Catholic parish. This app is by Diocesan Publications.

I am reminded of the ministry of St. Paul who as a missionary was frequently writing letters to those he had left behind instructing them and encouraging them from a distance. I will leave you for now with his words from his letter to the Philippians:

*"I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, thankful for your partnership in the gospel from the first day until now. And I am sure that he who began a good work in you will bring it to completion at the day of Jesus Christ."*

***Blessings,  
Carrie Manabat, All Saints DRE***