

You can pray this beautiful **Spiritual Communion prayer** to invite Jesus come into your soul while viewing Mass and anytime throughout the day!

## **An Act of Spiritual Communion**

**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.**

For daily readings, go to [www.usccb.org](http://www.usccb.org) and click on the calendar on the right side of the page. Or, visit [www.ewtn.com/daily-readings](http://www.ewtn.com/daily-readings)

## Sacrament of Reconciliation

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Although you may not be able to receive the Sacrament of Reconciliation at this time, you can pray daily for forgiveness.

Here is an [Examination of Conscience](#) on the Diocese of Savannah's website.

We have also [attached a guide](#) that, while directed towards engaged couples, can be useful for any adult.

Anyone with a true and contrite heart who – through no fault of their own – cannot go to Confession can trust in Jesus' mercy. Just make a resolution to go to Confession as soon as the opportunity arises.

### The Act of Contrition

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who are all-good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

### Stations of the Cross

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Here is a simple, but beautiful [digital version of Stations of the Cross](#) to guide your prayer while we have ceased the public devotion. The Catholic faithful are encouraged to pray the Stations of the Cross every Friday during Lent, but you can pray it every day!

You can also hear an [audio version at Creighton University](#) and follow along on this [printable guide](#).

Also, here is a [link to a clip from \*Jesus of Nazareth\* \(1977\)](#). The scenes depicted are from the moment of Pilate condemning Jesus to death to his

ultimate death on the cross. It is a brief portion of a larger mini-series on the life of Jesus.

If you're looking for something to do during this time, feed your faith on **Formed!** There are many wonderful programs and movies for adults and children alike! It's EASY and FREE to register!

1. Visit [formed.org](http://formed.org);
2. Click on "Register" (lower right of page):
3. Enter Parish Code: JRYKND;
4. Enter your email and create a password (you need this to login later)

Enjoy!

## **Reach Out and Touch Someone!**

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Some of you may remember the AT&T Long Distance Slogan "Reach Out and Touch Someone!" Now is the perfect time to do so!

Call an elderly neighbor.

Reach out to your elderly parents or grandparents on a regular basis.

Is there an elderly aunt or uncle that you've been wanting to call, but never seem to have the time? Now is your chance!

Is there someone with whom you've wanted to reconcile? Give them the gift of a phone call and the forgiveness that they may have been waiting for.

## **Positive Readings on the Pandemic**

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Below are two beautiful writings on the pandemic to reflect on. Perhaps you will want to keep your own journal of ways this crisis has brought you closer to God and others.

## **“Lockdown” by Fr. Richard Hendrick, OFM**

Yes there is fear.

Yes there is isolation.

Yes there is panic buying.

Yes there is sickness.

Yes there is even death.

But,

They say that in Wuhan after so many years of noise

You can hear the birds again.

They say that after just a few weeks of quiet

The sky is no longer thick with fumes

But blue and grey and clear.

They say that in the streets of Assisi

People are singing to each other

across the empty squares,

keeping their windows open

so that those who are alone

may hear the sounds of family around them.

They say that a hotel in the West of Ireland is offering free meals and delivery to the housebound.

Today a young woman I know

is busy spreading fliers with her number through the neighborhood so that

the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples are preparing to welcome and

shelter the homeless, the sick, the weary.

All over the world people are slowing down and reflecting.

All over the world people are looking at their neighbors in a new way.

All over the world people are waking up to a new reality.

To how big we really are.

To how little control we really have.

To what really matters.

To Love.  
So we pray and we remember that  
Yes there is fear.  
But there does not have to be hate.  
Yes there is isolation.  
But there does not have to be loneliness.  
Yes there is panic buying.  
But there does not have to be meanness.  
Yes there is sickness.  
But there does not have to be disease of the soul  
Yes there is even death.  
But there can always be a rebirth of love.  
Wake to the choices you make as to how to live now.  
Today, breathe.  
Listen, behind the factory noises of your panic  
The birds are singing again  
The sky is clearing, Spring is coming,  
And we are always encompassed by  
Love.  
Open the windows of your soul  
And though you may not be able  
to touch across the empty square,  
Sing.

### **“Pandemic” by Lynn Ungar 3/11/20**

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?  
Cease from travel.  
Cease from buying and selling.  
Give up, just for now,  
on trying to make the world  
different than it is.  
Sing. Pray. Touch only those

to whom you commit your life.  
Center down.  
And when your body has become still,  
reach out with your heart.  
Know that we are connected  
in ways that are terrifying and beautiful.  
(You could hardly deny it now.)  
Know that our lives  
are in one another's hands.  
(Surely, that has come clear.)  
Do not reach out your hands.  
Reach out your heart.  
Reach out your words.  
Reach out all the tendrils  
of compassion that move, invisibly,  
where we cannot touch.  
Promise this world your love--  
for better or for worse,  
in sickness and in health,  
so long as we all shall live.