

WHAT TO DO? (Second Edition)

So much has happened over the past week and it seems that our lives have been turned upside down. I was speaking with someone this past Saturday and said, “Can you believe we had the Saint Patrick Dinner Dance just a week ago?” Things change so quickly and the news comes at us at a feverish pace.

We are now told not to go out except for necessities. Many are scared and frightened and feel as if they have no control. This “invisible enemy” has struck fear into many hearts. Many feel our only defense is to keep away from people and wait for it to pass and to pray and hope that we do not contract the virus. But there is something we can do to take back some semblance of control. I hope you find the following suggestions helpful for you and your families.

The first thing to do is create an *horarium* - an hourly schedule for your day. Have a routine for your day. Yes, we now have a “new normal” so embrace it and use this time to your advantage. Here are some tips.

1. Wake up early. Don't be tempted to “sleep in.” It sounds great but 7:00 becomes 7:30 which becomes 8:00 then 9:00 then 10:00. Pretty soon you've gotten into a slump and your day has been wasted.
2. Make your bed. Sounds silly and unimportant but it is the easiest thing to do to begin your day with accomplishing something first thing.
3. Shower and get dressed. Staying in your pajamas or sweatpants all day doesn't motivate you to do anything other than sit on the sofa or sleep.
4. Schedule time for prayer. So often people tell me “Father, I don't pray as much as I should.” Most often they have no plan or schedule so of course it gets put to the side. Make prayer a priority. Choose your favorites - Morning Offering, Rosary, Spiritual Communion, Stations of the Cross, novenas, litanies, etc. I will be posting prayers on the website for your convenience.
5. READ. We spend too much time passively absorbing things on television. Pick up some good spiritual reading. Schedule that time and stick to it. There is a wonderful course called Aquinas101 if you are really motivated. Or subscribe to GoodCatholic.com.
6. If reading is not your thing then log into FORMED. We have a link on the website. It's Catholic and educational.
7. Make a visit to church. On your way to or from the grocery store, gas station or wherever stop into church and say a prayer. We are open for private prayer every day except Monday. See the website for hours since they may change.
8. Schedule time to be with your family. Family game night or other creative activities.
9. Schedule time to call loved ones and friends. We live in an age in which we are all so connected electronically yet how often are our interactions limited to texts. Call someone and actually have conversation.

These are just a few thoughts. I pray for you all constantly that we may be able to return to the rightful worship of God in the Sacraments.

MASS INTENTIONS

Mass is still being offered everyday - just not publicly. There are many daily and weekend Mass intentions open and available for you to have offered for your loved ones. Email or call the parish. Your message will be returned and we will arrange for your intentions to be offered.

May the blessing of Almighty God + descend upon you and remain with you forever.

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.

Taken from *Visits to the Blessed Sacrament and the Blessed Virgin Mary* by Saint Alphonsus Liguori. Published by Tan Books.

PRAYER TO END THE PANDEMIC

Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas, we fly to you today as your beloved children. We ask you to intercede for us with your Son, as you did at the wedding in Cana.

Pray for us, loving Mother, and gain for our nation and world, and for all our families and loved ones, the protection of your holy angels, that we may be spared the worst of this illness. For those already afflicted, we ask you to obtain the grace of healing and deliverance. Hear the cries of those who are vulnerable and fearful, wipe away their tears and help them to trust. In this time of trial and testing, teach all of us in the Church to love one another and to be patient and kind. Help us to bring the peace of Jesus to our land and to our hearts.

We come to you with confidence, knowing that you truly are our compassionate mother, health of the sick and cause of our joy. Shelter us under the mantle of your protection, keep us in the embrace of your arms, help us always to know the love of your Son, Jesus. Amen.

May God bless you,
Father Sikorski