

REOPENING

Over the past several weeks, the bishop has been in contact with our two county executives, both of whom have been responsive, understanding and very supportive. This past week, the Diocese of Rockville Centre, on our own, communicated Bishop Barres' intention to move ahead with our own plan to open our parishes for public worship in the coming weeks, at a percentage of each church's capacity. Our county executives communicated this plan to Governor Cuomo. In response, the governor announced the following:

“When each region of the State reaches Phase 2, Houses of Worship in that region can open at 25% of capacity.”

Beginning Saturday, June 20th at 5:00PM we will resume the public celebration of Mass **with the distribution of Holy Communion** under the following conditions:

- Only 25% of the total occupancy of the church will be available. Two out of every three pews will be taped off.
- Persons who attend Mass **must** bring and wear face masks or face coverings while in the church.
- If not in a family group, “social distance” must be maintained between persons.
- Those desiring to receive Holy Communion should have their own hand sanitizer.

Those who are sick or vulnerable due to age or health conditions are strongly encouraged to remain at home and view the Mass on television or online.

The dispensation from the obligation to attend Sunday Mass remains in effect indefinitely.

Please continue to consult the parish website (www.steas.org) for updates and changes.

I appreciate your kindness and patience as we try to implement the laws and directives that we must follow from both State government and Diocesan regulation.

“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them, every day begin the task anew.”

— St. Francis de Sales

ON RECEIVING COMMUNION

We have just celebrated the Solemnity of the Most Holy Body and Blood of Christ, where by the power of the Holy Spirit and through the hands of the priest, God changes the bread and wine into the Real Presence of Christ. In light of returning to the reception of Holy Communion at public Masses, I present these points about the proper way to receive Holy Communion.

- We are supposed to observe a one-hour Eucharistic fast. This means that we do not eat or drink anything except water or medicine for one hour before receiving Holy Communion. There should be no gum chewing; we should get rid of gum before we enter church. Also, coffee cups and the like, other drinking containers, and other items of the sort are not appropriate to bring into church.
- If you are receiving the Body of Christ in the hand, one hand is to be underneath the other, with both hands flat (not curled up) and hands up held up high. There is to be no grabbing of the Host. Hands must be washed, clean, and sanitized. Gloves are not to be worn.
- If you have received the Body of Christ in the hand, with your right hand **immediately** place the Host in your mouth; do not begin to walk away with it. Proper reverence for the Sacred Species demands that it be consumed **immediately** and not carried around. We do not bless ourselves with the Host or any other act of personal devotion. While I am sure well intentioned, this is a sacrilege. It goes **immediately** into your mouth. In addition, if you see someone walking around with a Host, say something.
- Holy Communion is not a “take-home” and it is not to be kept on your person or brought back to the pew or worse brought outside and left on the windshield of a car (yes, this has happened). If you see this, say something.
- If you are receiving the Body of Christ on the tongue, you must tilt your head back slightly, open your mouth and stick out your tongue, and close your eyes. Do not expect the minister to have to maneuver to place the Host in your mouth - please stick out your tongue. Also, let the minister place the Host on your tongue; do not bite it or grab it with your lips. Do not move your head - you should not be a moving target.

I write these as a reminder and in some cases an instruction on the proper and reverent way to receive Holy Communion. As I stated last weekend, we are concerned with both the reverent and safe return to Mass.

"Let every knee bend before Thee, O greatness of my God, so supremely humbled in the Sacred Host. May every heart love Thee, every spirit adore Thee and every will be subject to Thee!"

— St. Margaret Mary

LAST WEEK'S OPENING

It was a wonderful gift from God to be able to be back in our church and have Mass together last weekend. While we always give thanks to God first, I would be remiss if I did not say thank you to a few others who made remaining open for private prayer for the past three months and opening for public Mass a reality.

Thank you to Lori Marando who has been indispensable over these past three months. While we may not have had public Mass and Sacraments, the parish still had to function. Bills don't stop coming in and other obligations needed to be met. Without her dedication, patience, organizational skills and love for this parish, I don't know what I would have done.

Thank you to Denver who is our "front line essential worker." Denver was present every day to open the church, provide security, and clean the church. He also braved the lines at Home Depot and Costco. Thank you for keeping us safe and supplied.

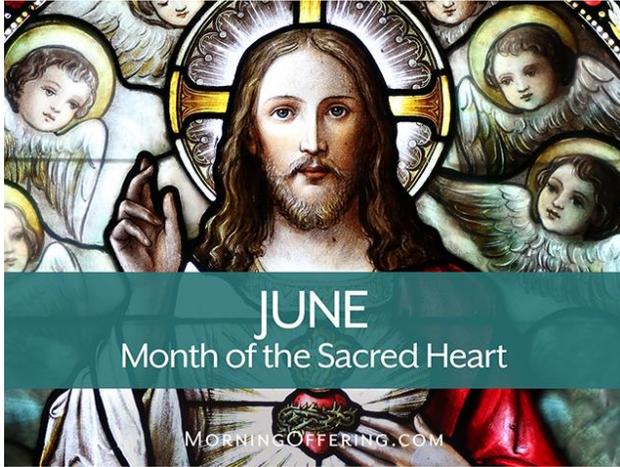
Thank you to John Romaine and our ushers. Every Saturday and Sunday over the three months our ushers made sure we could remain open for private prayer by providing safety and security. Without them I would not have been able to hear Confessions while we were open. Now that Mass is open, they play a prominent role by seating and dismissing parishioners in an orderly fashion so we can safely fit the maximum number of people allowed by the current restrictions.

Overall, I would say it was very well organized last weekend. I ask your patience and understanding during this time. Rules and guidelines are written but they also must be applied to individual situations. It is impossible to anticipate every individual situation that may arise. We are doing this for the first time and learning, just like you.

May God bless you all,

Father Sikorski

MONTHLY DEVOTION FOR JUNE



Devotion to the Sacred Heart of Jesus is one of the most popular Catholic devotions. Although it was beloved in previous centuries, Jesus appeared to St. Margaret Mary Alacoque in 1673, showing her a vision of the now-famous image of His Sacred Heart, surrounded by flames. He said to her: "My Heart is so full of love for men that It can no longer contain the flames of Its burning love. I must discover to men the treasures of My Heart and save them from perdition." She was given the special mission

to spread devotion to His Sacred Heart throughout the Church. Jesus gave St. Margaret Mary many promises associated with this devotion, and requested that a feast day in honor of His Sacred Heart be instituted on the Friday after the Octave of Corpus Christi. In 1856, the Feast of the Sacred Heart was spread to the Universal Church, and in 1899 Pope Leo XIII solemnly consecrated all mankind to the Sacred Heart of Jesus, calling it "the great act" of his pontificate.

FATHER'S DAY

God Himself commands the love and respect we show for our earthly fathers on Father's Day. On this day we focus in a more intense way on the gratitude and reverence we owe to the men who, committed to marriage and family life, helped to give us life and to raise us. We are thankful in particular for the roles our fathers play in raising us in the Faith and teaching us love for our Heavenly Father by their own witness. May God always bless them as they so richly deserve.

We continue the tradition of the Father's Day Novena of Masses. A novena (9) of Masses will be offered for the intentions of your fathers, grandfathers, godfathers, step-fathers, and any other fatherly figure that has graced your life. Please send in your Father's Day envelope with the names of your intended.

You can mail them in or drop them off at church. The intentions of each Mass for nine days will be for the souls (living and dead) of your fathers. Dads need prayers. Perhaps more now than ever...



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.

ANOTHER PRAYER FOR DURING THE PANDEMIC

O clement, O loving, O sweet Mother Mary, we, your children of every nation, turn to you in this pandemic. Our troubles are numerous; our fears are great. Grant that we might deposit them at your feet, take refuge in your Immaculate Heart, and obtain peace, healing, rescue, and timely



help in all our needs. You are our Mother. Pray for us to your Son. Amen.