

CHURCH REOPENING

As of now there is nothing new to report. Weekend Masses have been going smoothly. Our ushers have been essential to this working so well.

For safety's sake, as well as fitting the maximum number of people in the church possible under current restrictions, all must be seated by the ushers. The ushers are present at least 30 minutes prior to the start of Mass to assist you. Please note that once we have reached capacity we cannot let you in the building. As more and more people begin to return to Mass, you may find that arriving 5 minutes prior to the scheduled start of Mass is not early enough. First come, first served.

Just as a reminder:

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

OFFICE REOPENING

This past week the staff returned to the office after working from home for three months. As we have now gotten settled and readjusted we are going to begin to open the office to the public.

As of July 1, 2020, the office will be open to get Mass cards and drop off paperwork and other things during new summer business hours.

Monday - Thursday from 9:30AM to 12:30PM and 1:30PM to 4:00PM.

Outreach will continue to operate on an appointment only basis.

Remember, if you are not yet comfortable being out in public, we have been handling all parish business via phone and email for the past three months and we can accommodate you that way if you wish.

OUTREACH AND OUR FOOD PANTRY

I want to share a beautiful letter we received from a family that we were able to help due to your generosity.

Greetings,

I would like to take this opportunity to thank St. Elizabeth Ann Seton Food Pantry Outreach for your continued support and generosity you've provided my family and me for the past few months during the COVID-19 pandemic. Your generosity has helped me find my way through these difficult times. It has meant so much to me because it's so much more than just a basket of food. It was your warm smiles and open heart, your helping hands in a time of need and a living example of God's love. Thank you all for giving of your time, talent and treasures. May your Outreach continue to thrive and grow as you share God's Blessings with all whom you serve.

"Lord, I thank you for the gift of St. Elizabeth Ann Seton Outreach in my life. Continue to shine your grace upon them..." Again, I am appreciative and forever grateful.

God bless you all - The N. Family

The Outreach Program is coordinated by Mary Ann O'Connor but relies on your generous donations of food, clothing and money, as well as the many volunteers who help stock the shelves and do much of the shopping.

I thought you might like some good news for a change.

"Helping a person in need is good in itself. But the degree of goodness is hugely affected by the attitude with which it is done. If you show resentment because you are helping the person out of a reluctant sense of duty, then the person may receive your help but may feel awkward and embarrassed. This is because he will feel beholden to you. If, on the other hand, you help the person in a spirit of joy, then the help will be received joyfully. The person will feel neither demeaned nor humiliated by your help, but rather will feel glad to have caused you pleasure by receiving your help. And joy is the appropriate attitude with which to help others because acts of generosity are a source of blessing to the giver as well as the receiver."

—St. John Chrysostom

QUOTES FROM MOTHER TERESA

"When someone is doing something to hurt you, don't turn inward, turn toward that person. He is hurting himself. Learn to forgive, knowing that we all need forgiveness. If you want to be true to God, learn from Jesus to be meek, humble, and pure. Learn to forgive."

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

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.

