

## DEVOTION OF THE MONTH



The Church dedicates the month of September to Our Lady of Sorrows. This devotion recalls the Blessed Virgin Mary's spiritual martyrdom in virtue of her perfect union with the Passion of Christ. This was her role in salvation history, and what merited her place as the spiritual Mother of all Christians. This is symbolized by a single sword, or seven swords, piercing Mary's suffering heart, as foretold in Simeon's prophecy. Traditionally the Church meditates on the "Seven Sorrows" of our Blessed Mother: the prophecy of Simeon; the Holy Family's flight into Egypt; the loss of the Child Jesus for three days; the meeting of Mary and Jesus as he carried his cross; Jesus' crucifixion and death; Jesus' sacred body taken down from the cross; and Jesus' burial. The feast of Our Lady of Sorrows is September 15th.

## FLAG RAISING

A few weeks ago our flag became entangled and unfortunately was torn. Thank you to the Lake Ronkonkoma Fire Department for coming by to help us untangle it.

Thanks to our Knights for donating a new flag and also for the flag raising ceremony. Pat McBride's bagpipes brought a special touch.



## **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](http://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**

As of July 1, 2020, the office is open to get Mass cards and drop off paperwork and other things during normal business hours.

Monday - Thursday from 9:30AM to 12:30PM and 1:30PM to 5:00PM.

Outreach will continue to operate on an appointment only basis.

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

## 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.

*"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.