



St. Francis Parish

P.O. Box 1489 • 425 Price Street • Friday Harbor, WA 98250 • Phone/Fax (360) 378-2910

Saint Francis
San Juan Is

March 17, 2020

Saint Francis
Orcas Isla
Commun

To St. Francis Parishioners

Re: Guidance from the Archbishop

Saint Francis Parish
Lopez Island
Community

I hope you are all doing well. I'm writing to you to let you know certain things regarding the restrictions and resources because of the coronavirus pandemic.

CHURCH HOURS

Our Lady of
Good Voyage Chapel
San Juan Island

The Church in Friday Harbor will be open 7 days a week from 9 am to Noon for private prayer. If there are others in the church we ask that you maintain the safe social distance of at 6 feet. We would ask elderly and other vulnerable parishioners to please stay home and not visit the church for your protection and safety.

Our Lady of
the Rock Chapel
Shaw Island

OFFICE HOURS

Regular office hours will be from 9 am to Noon Tuesday through Friday. Please keep visits to the office to a minimum.

Father Albert and I will be available in the office from 9 am to Noon Tuesday through Friday for any pastoral or sacramental need. For the time being there are no regular confessions. Confessions will be by appointment only.

FINANCIAL SUPPORT

Since there is no public celebration of Mass we will not be able to take up collections but we still need to pay our bills. So we are asking that you mail or drop your donations by the office or church while they are open, make use of on-line giving, or use Bill Pay through your on-line banking. **Be sure to use our PO Box 1489 if you mail in. The Post Office does not deliver mail to our street address.** There will also be a basket in the church for donations during private prayer and adoration. We really appreciate your continued financial support.

For on-lining giving go to <https://www.osvonlinegiving.com> and on the right side enter church #1823 and sign in as a guest. You can designate how you would like your gift used. We hope you will choose "Offering" because that's the

account we use to pay bills. You can make a recurring gift so that you won't need to go into your account again unless you want to make a change. Once you have completed the following pages you will be able to add a password and then you will have an account and can sign in at any time using your email address and password.

EUCCHARISTIC ADORATION

Friday Harbor Only:

Saturday from 4 pm to 6 pm

Sunday from 10 am to Noon

We need the number of people kept to maximum of 10 at any one time to comply with Public Health advisory. Please let the office know if you plan to attend and at what time. Keep at a safe distance from each other. If you cough or sneeze please leave the church. If you feel the least bit sick or vulnerable, please stay home.

SPIRITUAL COMMUNION

I am concerned about your inability to receive Communion and how this affect your faith but we need to remember the Holy Father Pope Francis' words about Spiritual Communion. During this difficult time he encourages us to have Spiritual Communion, spending time in prayer, reading the Mass readings or watching a televised or on-line Mass. This can also be an opportunity on this Lenten journey to spend time alone with Jesus for sacred friendship.

Spiritual Communion Prayer

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.

PRAYERS

We ask that you pray more than ever at this time.

The Archbishop is encouraging all of us to **pray the Angelus at noon** concluding with the prayer to Our Lady of Seattle each day so that we are all praying together at the same time.

The Angelus

The angel of the Lord declared unto Mary.
And she conceived of the Holy Ghost.
Hail Mary,...

Behold the handmaid of the Lord.
Be it done unto me according to Thy word.
Hail Mary, ...

And the Word was made Flesh.
And dwelt among us.
Hail Mary, ...

Pray for us, O holy Mother of God.
That we may be made worthy of the promises of Christ.

Let Us Pray

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord.
Amen.

Prayer to Our Lady of Seattle

Holy Mary, we come before you as spiritual children in great need, seeking your intercession, and asking that your mantle of love surround us to console, protect and lead us to your son Jesus.

We entrust all of God's family, especially the Church in Western Washington into your Immaculate hands. With your Son Jesus' gentle power you can undo any knot in our Church, and in the lives of believers who entrust themselves to your care.

Today I especially entrust to you [mention request here/Coronavirus], and I ask that – through your intercession, and that of Saint James, our Guardian Angels, and the faithful in our diocese – we may be free from every spiritual and temporal ill, and be safely led to encounter your Son’s Merciful, Sacred Heart.

Our Lady of Seattle, Undoer of Knots, pray for us!

RESOURCES FOR MASS

USCCB at usccb.org

Magnificat at [https:// us.magnificat.net/free](https://us.magnificat.net/free) which offers free on-line access to its daily readings

Adoremus at <https://adoremus.org/> podcast about what should you do if Mass is cancelled

Word Among Us <https://wau.org> for daily Mass readings

Give Us This Day <https://giveusthisday.org> for daily Mass readings

EWTN Daily Mass on TV and on-line at 5 am, 9 am and 4 pm

The Archbishop Etienne will stream his daily Mass at 8:30 am at <https://vimeo.com/398081366>

Bishop Robert Barron will stream his daily Mass from his chapel at <https://www.wordonfire.org/daily-mass>

WORDS OF WISDOM FROM POPE EMERITUS BENEDICT XVI

"When Augustine felt his death approaching, he "excommunicated" himself and took upon himself ecclesiastical penitence. In his last days, he set himself alongside, in solidarity, with the public sinners who seek forgiveness and grace through the pain of not receiving Communion. He wanted to meet his Lord in the humility of those who hunger and thirst for righteousness, for Him, the righteous and gracious One. Against the background of his sermons and writings, which describe the mystery of the Church as a communion with the body of Christ and

as the body of Christ, on the basis of the Eucharist, in a really marvelous way, this gesture is quite shocking. It seems to me more profound and fitting, the more often I ponder it. Do we not often take things too lightly today when we receive the most Holy Sacrament? Could such a spiritual fasting not sometimes be useful, or even necessary, to renew and establish more deeply our relation to the Body of Christ? In the early Church there was a most expressive exercise of this kind: probably since the time of the apostles, Eucharistic fasting on Good Friday was a part of the Church's spirituality of Communion. Not receiving Communion on one of the most holy days of the Church's year, which was celebrated with no Mass and without any Communion of the faithful, was a particularly profound way of sharing in the Passion of the Lord: the sorrowing of the bride from whom the bridegroom has been taken away (see Mk 2:20)..... - Pilgrim Fellowship of Faith, 2002, Ignatius Press Closing Reflection, Pope Emeritus Benedict XVII think that a Eucharistic fast of this kind, if it were deliberate and experienced as deprivation, could even today be properly significant, on certain occasions that would have to be carefully considered – such as days of penitence (and why not, for instance, on Good Friday once more?), or also perhaps especially at great public Masses when there are so many people that a dignified distribution of the Sacrament is often just not possible, so that by not receiving the Sacrament people could truly show more reverence and love than by doing so in a way that contradicts the sublime nature of this event. Such fasting – which could not be allowed to become arbitrary, of course, but would have to be consonant with the spiritual guidance of the Church – could help people toward a deepening of their personal relation to the Lord in the Sacrament; it could be an act of solidarity with all those who have a yearning for the Sacrament but cannot receive it. It seems to me that the problem of people who have been divorced and remarried, yet equally the problem of intercommunion (in mixed marriages, for example), would be less of a burden if voluntary spiritual fasting was at the same time undertaken in visible recognition and expression of the fact that we are all dependent upon that “healing of love” which the Lord effected in the ultimate solitude of the Cross. I would not of course wish to suggest by this a return to some kind of Jansenism: in biological life, as in spiritual life, fasting presumes that eating is the normal thing to do. Yet from time to time we need a cure for falling into mere habit and its dullness. Sometimes we need to be hungry – need bodily and spiritual hunger – so as once more to comprehend the Lord's gifts and to understand the suffering of our brethren who are hungry. Spiritual hunger, like bodily hunger, can be a vehicle of love.” - Pilgrim Fellowship of Faith, 2002, Ignatius Press

I am also asking all of you to cooperate responsibly to slow down the global pandemic by doing our part by staying home, maintaining proper hygiene, maintaining social distancing if it's necessary to be in public.

Things seem to be changing on a daily basis so I will keep you up-to-date by email.

I hope and pray after this temporary struggle that we all get through it together. I am praying for all of you. Stay safe and healthy.

God bless you,

Father Watson

Fr. Watson