

Spiritual Resources

*Stay connected to
God and each other!*

The Lord always remains close to us and provides us ways to receive His grace even when we cannot attend Mass in cases of moral or physical impossibility. Please find below resources to nourish you spiritually and help you remain as close as possible to Jesus in the Eucharist. As Pope Francis encourages us, "Let us call upon him today, firmly rooted in prayer, for without prayer all our activity risks being fruitless and our message empty." (Evangelii Gaudium, no. 259)

How Do I Make a Spiritual Communion?

Below are recommendations for how to make a 'spiritual communion' when unable to participate in the Holy Sacrifice of the Mass. The recommendations can be adapted based upon personal and family needs.

- Gather with others in your household, light a candle and begin a time of prayer with the sign of the cross.
- Take time to read and reflect upon the readings from Sunday Mass. You can find the readings at usccb.org.
- Saint Mary livestreams **Mass at 9AM every day** on our **Facebook page, YouTube Channel, Vimeo** and our **Parish website at www.churchofsaintmary.org**. All livestream Masses will then be archived to those channels each day.
- Share prayer intentions quietly or aloud. Pray the Lord's Prayer.
- Pray an Act of Spiritual Communion (see below). Close with the sign of the cross.



A Message from Archbishop Pérez

"We have all felt the impact of COVID-19 as individuals and families. It has been a time of acute hardship and struggle, of separation and isolation. It has also had an impact on our lives of faith. Jesus Christ, our Lord and Savior, has been with us throughout this challenging period and is most especially near to us when we encounter him in the Eucharist. The Eucharist offers us His healing and peace, His mercy and reconciliation. It is now time for everyone to return to the Eucharist with renewed faith and joy."

Read More at <https://tinyurl.com/2k28b327>



Act of Spiritual Communion

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.

Oh my God, my only hope, I have placed all my trust in You, and I know I shall not be disappointed. (Diary 317)

Family Rosary Across America with Father Rocky - Relevant Radio - Every Night at 8:00pm

Join us online, by phone or in spirit as we pray the Rosary every night at 8PM. Your family will discover the joy and beauty of the Rosary by uniting in prayer with families across the nation. The **Family Rosary Across America** is a live and interactive radio program bringing together Catholics across the nation to pray the Rosary. Join 100,000 people each evening as we pray together and for one another. Listen to Relevant Radio Station in Philadelphia at 630 AM. Full details at <https://relevantradio.com/listen/our-shows/family-rosary-across-america/>