

ST. MARY CATHOLIC CHURCH

IGLESIA CATÓLICA DE SANTA MARÍA

1291 E. MADISON AVE

ATHENS, TN 37303

My dear parishioners,

Peace! On the feast of Our Lady of the Rosary, 7 October, 2019, Pope Francis established the feast of Our Lady of Loreto, to be observed each year on the 10th of December. At the same time Pope Francis proclaimed a Laurentian Jubilee Holy Year to run from 8 December, 2019 through 10 December, 2020. There are fifty-one invocations in the *Litany of Loreto*. The following is a reflection on the thirteenth invocation: **Mother of our Creator, pray for us.**

To call Saint Mary "Mother of our Creator" is to acknowledge the divinity of Jesus Christ her Son. Jesus Christ was born of Our Lady, the Blessed Virgin Mary, in the fullness of time in Bethlehem (cf. Matthew 1:16-18; Luke 2:6). Jesus Christ asserts His divinity in various passages of the Gospel (cf. John 10:30; 14:11). Because Jesus Christ our Lord is God and Saint Mary is the Mother of our God and Lord, she is at the same time the Mother of our Creator. God created the heavens and the Earth, all that is seen and unseen, as we profess in the *Creed* (cf. Genesis 1:1-31).

Saint Mary, the Blessed Virgin, is Mother of the Creator because of the human nature of the Lord Jesus. The Divine Person of the Son is eternal, preexisting the Incarnation. Creation, redemption and sanctification are all properly speaking the work of God, the Most Holy Trinity. While one or another of the Divine Persons of the Trinity have a specific relation to each (e.g. the Father speaks and the world is created by His Eternal Word who is the Eternal Son as the Spirit hovers over the waters of creation (e.g. from the Father, through the Son, in the Spirit; cf. Council of Constantinople II; CCC 258). Saint Mary is not the Mother of the Eternal Father or of the Holy Spirit. It was not the Father or the Spirit who was nailed to the wood of the tree of the Cross only the Son made man, Christ Jesus. Saint Mary, standing at the foot of the Cross beheld not only her Son and savior but also her Creator and ours (cf. John 19:25). It was not the Father or the Son who descended as flames or tongues of fire at Pentecost but the Holy Spirit (cf. Acts 2:3).

To invoke Saint Mary as Mother of our Creator is not to divinize her as various pagan deities have invoking various "Earth Mothers" (e.g. Isis of Egypt; Gaia, Aphrodite, and Athena of Greece; Minerva of Rome; Pachamama of South America...). The veneration, devotion, respect and honor we show to Our Lady, the Blessed Virgin Saint Mary is technically called "*hyperdulia*" which differs from *dulia* (shown to the other saints and holy angels) and qualitatively from *latria* which is due to God alone. When we honor the Mother of our Creator we are keeping the fourth Commandment of God our Creator (cf. Exodus 20:12; Matthew 15:4; Mark 7:10).

Father John Arthur Orr

Contacts for :

CCD—Oneta Fioravanti— 865-712-6819—classes meet Sunday at 11:15-12:45 in the CCD Building and Youth Room.

Youth Ministries—Sue Granger— 423-506-7836. Meets in the Youth Room on Wednesday following mass.

RCIA—Jack Cox - 423-836-2979

Hispanic Ministry—Alicia Mora—423-368-5310

Parish Family Life Center (PFLC) - Kay Prevatt 423-453-2049. Contact her to schedule all use/rental of the PFLC by parish groups and the public.

To schedule use of the Narthex call the office.

NEW TO OUR PARISH—If you are new to our parish see one of our ushers for a **BLUE PARISH CENSUS FORM**. They are also located on the Narthex Table or the slots in back of the church on the left as you leave. Also let the office know if you would like envelopes. **TO UPDATE YOUR INFORMATION (CHANGES) FILL OUT THE YELLOW COPY ONLY.**

For Sacrament information call the office.

FIFTH SUNDAY OF LENT—MARCH 29, 2020

Pastor: Rev. Dr. John Arthur Orr

Rectory: 423-745-0904

Deacon: Rev. Mr. Erasmo Hernandez

Parish Office: 423 745-4277 Fax: 423-745-9706

Email: stmaryathenstn@att.net

Website: www.stmaryathenstn.org

PARISH OFFICE HOURS: Monday– Thursday 8am-4:30pm Friday 8:00–11am

WEEK DAY DAILY MASS: 9am plus Wednesday at 6pm.

HOLY DAY OF OBLIGATION MASS TIMES 9AM AND 7PM

Saturday: First Saturday of month 9am; Vigil Mass 5pm **If Holy Day is on a Wednesday Mass will be at 6PM**

Sunday: Mass 8am Latin, 10:00am English and 1pm Spanish

CONFESSION: Saturday 4:00-4:45pm Sunday 9-9:45am, 12-12:45pm

Stewardship/Collection

| March 21/22, 2020 | |
|---|-------------|
| Offerory (Envelopes/Check-Cash-On Line) | \$ 1,450.00 |
| Loose Offering | \$ 417.28 |
| Mass/Coffee/Candles/Rmbr/Rent/Flowers/etc. | \$ 174.10 |
| TOTAL | \$ 2,041.00 |
| Building Fund - March total to date—\$ 1,565.00 | \$ 295.00 |

Second collections will be collected after Communion

SECOND COLLECTIONS

| | | |
|--|--------------|-----------|
| 3/1—Black and Indian Missions | \$271.00 | \$ |
| 3/8 & 3/15—Tornado-Catholic Char. Nashville | \$2,161.00 | \$ |
| 3/22—Catholic Relief Services | | \$ 86.00 |
| 3/29— Good Samaritan—1/2 Coordinated Charities | \$45.00 | \$ 15.00 |
| Deficit Reduction—As of July 2019 | \$ 47,750.01 | \$ 176.00 |

DEFICIT REDUCTION ENVELOPES (GOLD) AVAILABLE AT THE BACK OF THE CHURCH

HOME CAMPAIGN (\$72,697.53)

For the month of—January 2019—\$310.00

ST. MARY CATHOLIC CHURCH MONTHLY FINANCIAL REPORT—

January 31, 2020 is posted in Message Center

If you would like to receive collection envelopes please call the office.

.....**DURING THESE TRYING TIMES PLEASE**

CONTINUE TO SUPPORT OUR CHURCH BY MAILING IN YOUR CONTRIBUTION IN OR VISIT www.stmaryathenstn@att.org to give on line. Thank You

Daily Mass Readings

March 30, 2020—April 5, 2020

-Method for Prayerfully Reading the Scriptures

(Lectio Divina) 1. Read 2. Reflect (meditate) 3. Respond (pray) 4. Rest (contemplate)

Monday, Mar. 30—Dn 13:1-9, 15-17, 19-30, 33-62 or 13:41c-62//Jn 8:1-11

Tuesday, Mar 31—Nm 21:4--9 //Jn 8:21-30

Wednesday, April 1— Dn 3:14-20, 91-92, 95//Jn 8:31-42

Thursday, April 2— Gn 17:3-9//Jn 8:51-59

Friday, April 3— Jer 20:10-13//Jn 10:31-42

Saturday, April 4— Ez 37:21-28//Jn 11:45-56

Sunday, April 5—Mt 21:1-11//Ls 50:4-7//Mt 26:14—27:66 or 27:11-54

READINGS - YEAR A – Order of the Mass begins in section with the gray edges #140

03/29/2020—Fifth Sunday of Lent—Year A #895

04/05/2020—Palm Sunday—Year A # 898

04/12/2020—Easter Sunday—Year A # 899

This Week in our Parish

Sunday—March 29, 2020

NO Children's Liturgy continue to read the Bible with Family

NO CCD — continue what you were studying

Monday—March 30, 2020

Tuesday—March 31, 2020

Wednesday—April 1, 2020

Contact Sue to keep in touch—NO—Youth Ministry

Continue your studies—NO – RCIA

Thursday—April 2, 2020

Continue to read your Bible—NO—Hispanic Prayer Group—

Friday—April 3, 2020

Stations of the Cross-Benediction-Confession

Saturday—April 4, 2020

9AM— Team 2 cleans

Sunday—April 5, 2020

NO Children's Liturgy continue to read the Bible with Family

NO CCD – continue what you were studying

CANDLE DONATIONS—We are asking for a donation of \$3.00 per candle to help defray the cost of the candles and Blue Globes

SAVE THE DATE:

Friday during Lent - 7pm Lenten Station of the Cross—Benediction—Confession.

ATTENDANCE—

March 21/22, 2020—Total

5pm—00 //8am— 00 //10am—00 1pm—00

February Average Attendance—404

5pm—66 8am—32 10am—180 1pm—127

Peace! Here is a link to "spiritual communion" .

<http://www.knoxlatinmass.net/SpiritualCommunion.htm>

Act of Spiritual Communion

My Jesus, I believe that Thou art truly present in the Most Blessed Sacrament.

I love Thee above all things, and I desire to receive Thee into my soul.

Since I cannot at this moment receive Thee sacramentally, come at least spiritually into my heart.

I embrace Thee as being already there, and unite myself wholly to Thee. Never, never permit me to be separated from Thee.

Jesus, my sweet love, wound and inflame this heart of mine, so that it may be always and all on fire for Thee. Amen.

Mass Intentions

March 28–April 5, 2020

THE CHURCH WILL BE LOCKED DURING PRIVATE MASS TIMES

March 28— Saturday
St. Mary Parish

March 29— Sunday- Latin/English// Spanish
+Gary Klein from Judith Klein
+Gloria Carrick from Bob and Carolee Gladish
+Rosa Pantoja from Family

March 30 — Monday
The Priest of our Diocese

March 31— Tuesday
Sebastian M Pacitti from Stephen and Toni Pacitti

April 1— Wednesday
St. Mary Parish
+Gloria Carrick from Deacon Al and Debbie Forsythe

April 2— Thursday
+World Wide Healing of the Sick

April 3— Friday
+Frances Quinn from Jim and Pat Barrett

April 4— Saturday
+Dick McCartney from Marie McCartney

April 5— Sunday- Latin/English// Spanish PALM SUNDAY
St. Mary Parish
34th Anniversary of Dennis & Sissy Aparicio–Rascon
+Betty Thomason from Hugh and Connie Reed

ST. MARY CATHOLIC CHURCH MONTHLY FINANCIAL REPORT JANUARY 31, 2020

| BUDGET CATEGORY | FY 2020 | | % |
|-----------------------------|-----------|--------------------------------|-----|
| | BUDGET | EXPENDITURES THROUGH 1/31/2020 | |
| PASTORAL-ADMIN/GENERAL | \$191,991 | \$ 112,092 | 58% |
| LITURGY | 22,400 | 11,551 | 52% |
| RELIGIOUS EDUCATION | 13,675 | 8,418 | 62% |
| MINISTRY OF YOUTH | 7,573 | 2,078 | 27% |
| MINISTRY FAMILY/PARISH LIFE | 2,505 | 1,005 | 40% |
| PARISH COUNCIL-GENERAL | 320 | 215 | 7% |
| PLANT/PARISH OPER & MAINT | 71,980 | 46,838 | 65% |
| TOTALS | \$310,444 | \$182,197 | 59% |

| CURRENT MONTH | | YEAR TO DATE | |
|-------------------------|-----------|----------------------------|------------|
| MONTHLY REV. JAN. 2020 | \$ 24,645 | REV. JULY 2019 – JAN. 2020 | \$ 173,179 |
| MONTHLY EXP. JAN. 2020 | 24,308 | EXP. JULY 2019 – JAN. 2020 | 182,197 |
| OPER. SURPLUS (DEFICIT) | \$ 337 | OPER. SURPLUS (DEFICIT) | (\$ 9,018) |

SUMMARY:

| | |
|-------------------------------------|-------------|
| CURRENT FY 2020 DEFICIT | (\$ 9,018) |
| CARRY OVER DEFICIT PRIOR YEARS | (\$ 30,583) |
| FALL FESTIVAL FUNDS AS OF 1/31/2020 | \$ 16,962 |
| ST. MARY CHURCH ACCUMULATED DEFICIT | (\$ 22,639) |

PARISH FAMILY LIFE CENTER DEBT:

| | |
|--------------------------------|-----------|
| ORIGINAL NOTE (12/1/2012) | \$625,000 |
| NOTE BALANCE AS OF (1/31/2020) | \$116,301 |

(All Figures Rounded)
"Thank you for your stewardship generosity."

ON LINE GIVING - Visit our website at www.stmaryathenstn.org to become a part of our "ON LINE GIVING," available to our parish.

DEADLINE 3/31—

ST. MARY SCHOLARSHIP PROGRAM - High School Seniors and College Students

Applications and all required submissions will be accepted from January 1st to March 31st of 2020. Applications (along with the rules) can be picked up at the church office or at the St. Mary web site, www.stmaryathenstn@att.org. The annual program awards at least two scholarships per year with a maximum of \$20,000.00 per year. Application is open to any incoming freshman or returning college student as well as any incoming or returning technical school student from Meigs, McMinn, Monroe and Polk counties. The deadline for application to be accepted if complete and post-marked between Jan 1st and March 31st, of each year. All paper work must be completed and returned by March 31, 2020 or postmarked by the 31st. Funding for this program is provided through a private donation specifically for this program.



PRAYER CHAIN—Call Carol Webb at 744-7378 to be placed on the prayer chain, or if you would like to help. Keep in your prayers James Winner, Levi and Sally Sanford, Karen Humphries, Phil Frye and all of our sick and homebound.



High School and College Graduation Sunday—Please, help us be aware of our St Mary's graduates! We are planning our Senior Blessing Mass and Reception in May. Please contact Sue Granger.

Ladies for Charity. Thank you Parishioners for your continued generosity of donating food for our Food Pantry. Food needs for March are peanut butter, noodles, canned fruit and tuna. If you need food assistance, please call Diane Schwartz at 423-745-9062.

KNIGHT OF COLUMBUS—

Knights of Columbus Council 8396. Contact Patrick Giltane at 865-405-4268, for more information about the Knights.

PRO LIFE March 25th—The Annunciation of the Lord— Available in the Narthex will be cards. We would like for you to take a card to spiritually adopt and name your (if you would like to) unborn child and everyday day pray for his/her safety and eventual birth in 9 months—December 25th



With masses canceled in many dioceses across the country, we realize that families are trying to stay connected to the Eucharist in a way that children can understand.

To help families with this, we are offering a FREE digital version of the Children's Leaflets for our Spring Quarter (March 1st - May 24th) of *Children Celebrate!* our Children's Liturgy of the Word program.

Each lesson includes:

Full-color leaflets that retell each week's Scripture message. Puzzles and other activities. A Family Corner feature with ideas to build on the Gospel message. Please feel free to share this link with your families so that they can celebrate the Gospel message together as a family each week during this difficult time.

Shop our [website](http://www.stmaryathenstn.org) any time or call (800) 543-4383 Weekdays from 8 am to 6 pm (EST)



CHURCH CANDLES—We have recently had several calls on there not being candles available to light in the Church. The candles are refilled each week on Thursday. There are 56 (5 day) candles and the smaller votive available to light, each week. We cannot refill the during the week due to the cost. Please be considerate and donate at least \$3.00 per candle, a \$5.00 suggested donation would greatly be appreciated. Thank you.



**JUST A REMINDER THE CHURCH IS OPEN FOR YOU TO COME
PRAY AND SPEND TIME WITH JESUS. OPEN 8AM—4:30PM**

Stations of the Cross Lead by Fr. John and continuing with benediction, exposition and confession. Friday during Lent.

For updates from the Diocese please go the DOK website at "dioknox.org" for the most recent update from the Bishop.

IF YOU WOULD LIKE TO GET THE BULLETIN BY E-MAIL DURING THE NEXT FEW WEEKS PLEASE E-MAIL ME YOUR E-MAIL AND NAME TO - stmaryathenstn@att.net AND I WILL DO MY BEST TO GET IT TO YOU.

If you know of an elderly or sick/homebound that has errand's that need to be run call the office at 745-4277 or Sissy's cell 423-462-5625 or text Paulette at 423-333-8674. If you would like to help with this call the office or Sissy.

Bishop issues decree on Holy Week liturgies

MARCH 23, 2020 DIOCESE OF KNOXVILLE, NEWS

On March 23, 2020, Bishop Richard F. Stika issued a decree to assist the clergy and the faithful in the spiritual celebration of Palm Sunday and Holy Week.

You can read the full decree here.

The decree mandates that there shall be **no public gatherings** (inside or outside churches, in cars, etc.) during Holy Week. Masses shall be celebrated without a congregation by the pastor/parish priest.

The Chrism Mass will be postponed; the renewal of priestly commitment and the consecration of holy oils will occur at that time.

The Rite of Christian Initiation and/or Reception into Full Communion, which normally takes place on the Easter Vigil, will be postponed and rescheduled once restrictions are lifted.

Bishop Stika will privately celebrate liturgies throughout Holy Week, and they will be available to watch via live stream:

Palm Sunday: Sunday, April 5 at 9 a.m.

Holy Thursday: Thursday, April 9 at 7 p.m.

Good Friday: Friday, April 10 at 3 p.m.

Easter Vigil: Saturday, April 11 at 7 p.m.

Easter Sunday: Sunday, April 12 at 9 a.m.



RICHARD FRANK STIKA
BY THE GRACE OF GOD AND FAVOR OF THE APOSTOLIC SEE
THIRD BISHOP OF KNOXVILLE
D E C R E E

Whereas, on March 19, 2020, the Congregation for Divine Worship and the Discipline of the Sacraments, by mandate of the Supreme Pontiff for the year 2020 only, issued the DECREE *In time of Covid-19*;

As Bishop of the Diocese of Knoxville, I promulgate the following decree regarding the liturgies of Palm Sunday and Holy Week throughout the territory of the Diocese of Knoxville to assist the clergy and the faithful in the spiritual celebration of the Paschal Mysteries.

PALM SUNDAY

- No public gatherings (inside or outside Churches, in cars, etc.).
- The Mass for Palm Sunday will be celebrated by the Bishop without a congregation, with palms blessed, and broadcast via the live-stream internet on the Diocesan websites at 9 am on Sunday, April 5, 2020.
- The Mass for Palm Sunday shall be celebrated without a congregation by the pastor/parish priest in parish churches with live-stream capability; pastors should notify the parishioners of the time for the live-stream; pastors shall also notify the Diocesan Office of Communications so that a Diocesan calendar/schedule of events might be posted for access by the faithful of the Diocese. The doors to the Church shall be locked prior to the beginning of Mass.
- Blessed palms can be made available for distribution at a later date.

CHRISM MASS

- The Chrism Mass will be postponed and re-scheduled for another date/time with the renewal of priestly commitment and the blessing/consecration of oils occurring at that time.
- Oils/chrism from the current supplies (currently in use) may continue to be used until a new supply is blessed/consecrated and made available.
- If the parish is running low on oils/chrism, contact Deacon Sean Smith, Chancellor, ssmith@dioknox.org.

PASCHAL TRIDUUM

- The Paschal Triduum cannot be transferred to another time.

HOLY THURSDAY

- No public gatherings (inside or outside Churches, in cars, etc.).
- Televised or live-stream broadcasts **should be live (not recorded)**.
- The Evening Mass of the Lord's Supper will be celebrated by the Bishop without a congregation and broadcast via the live-stream internet on the Diocesan websites at 7 pm on Thursday, April 9, 2020.
- The Evening Mass of the Lord's Supper shall be celebrated without a congregation by the pastor/parish priest in parish churches with live-stream capability; pastors shall notify the parishioners of the time for the live-stream; pastors shall also notify the Diocesan Office of Communications so that a Diocesan calendar/schedule of events might be posted for access by the faithful of the Diocese. The doors to the Church shall be locked prior to the beginning of Mass.
- During the Evening Mass for the Lord's Supper: the Washing of the Feet, which is already optional, is to be omitted; the usual procession with the Blessed Sacrament to a place of repose is to be omitted and the Blessed Sacrament should be kept in the tabernacle, as usual.
- Priests who are unable to celebrate Mass should instead pray Vespers of the day from the Liturgy of Hours.



RICHARD FRANK STIKA
BY THE GRACE OF GOD AND FAVOR OF THE APOSTOLIC SEE
THIRD BISHOP OF KNOXVILLE
D E C R E E

GOOD FRIDAY

- No public gatherings (inside or outside Churches, in cars, etc.).
- The Commemoration/Celebration of the Lord's Passion will be celebrated by the Bishop without a congregation and broadcast via the live-stream internet on the Diocesan websites at 3 pm on Friday, April 10, 2020.
- The Commemoration/Celebration of the Lord's Passion shall be celebrated without a congregation by the pastor/parish priest in parish churches with live-stream capability; pastors shall notify the parishioners of the time for the live-stream; pastors shall also notify the Diocesan Office of Communications so that a Diocesan calendar/schedule of events might be posted for access by the faithful of the Diocese. The doors to the Church shall be locked prior to the beginning of Mass.
- A special commemoration in the General Intercessions for the sick, the dead and for those who feel lost or dismayed will be developed by the Office of Liturgy and Worship and sent to the parishes for mandated use.
- Priests who are unable to celebrate this liturgy should instead pray Vespers of the day from the Liturgy of Hours.

HOLY SATURDAY

- No public gatherings (inside or outside Churches, in cars, etc.).
- The Easter Vigil will be celebrated by the Bishop without a congregation and broadcast via the live-stream internet on the Diocesan websites at 7 pm on Saturday, April 11, 2020.
- The Easter Vigil shall be celebrated without a congregation by the pastor/parish priest in parish churches with live-stream capability; pastors shall notify the parishioners of the time for the live-stream; pastors should also notify the Diocesan Office of Communications so that a Diocesan calendar/schedule of events might be posted for access by the faithful of the Diocese. The doors to the Church shall be locked prior to the beginning of Mass.
- During the Easter Vigil: the preparation and lighting of the fire is omitted; the paschal candle is lit without procession followed by the recited Easter Proclamation; the Liturgy of the Word takes place; the Baptismal Liturgy is only the renewal of Baptismal Promises; a symbolic amount (small) of Holy Water may be blessed but holy water fonts should remain empty; the Rite of Christian Initiation and/or Reception into Full Communion will be postponed and re-scheduled once restrictions are lifted and priests who are unable to celebrate the Easter Vigil should instead pray Vespers/Matins/Lauds of the day from the Liturgy of Hours.

EASTER SUNDAY

- No public gatherings (inside or outside Churches, in cars, etc.).
- Mass for Easter Sunday will be celebrated by the Bishop without a congregation and broadcast via the live-stream internet on the Diocesan websites at 9 am on Sunday, April 12, 2020.
- Mass for Easter Sunday shall be celebrated without a congregation by the pastor/parish priest in parish churches with live-stream capability; pastors shall notify the parishioners of the time for the live-stream; pastors shall also notify the Diocesan Office of Communications so that a Diocesan calendar/schedule of events might be posted for access by the faithful of the Diocese. The doors to the Church shall be locked prior to the beginning of Mass.
- Priests are otherwise asked to celebrate Easter Sunday without a congregation.

Given at the Chancery this 21st day of March in the Year of Our Lord 2020.



+ Richard F. Stika

Most Reverend Richard F. Stika
 Bishop of Knoxville

Deacon Sean K. Smith

Deacon Sean K. Smith
 Chancellor

Perfect Contrition and Spiritual Communion

What to do if you cannot go to Confession or Holy Communion due to the COVID-19 coronavirus



If you have to self-isolate or are quarantined due to the COVID-19 coronavirus, it is unlikely that you will be able to receive the sacraments as normal.

In these circumstances, there are devotions through which you can receive absolution for your sins, (under certain conditions), and the consolation of Eucharistic grace.

These devotions are officially encouraged by the Church and have been practiced by saints.

How to make an Act of Perfect Contrition

Through an act of Perfect Contrition, you receive pardon for your sins outside of confession, even mortal sins, on condition that you determine to amend your life and make a firm resolution to go to sacramental confession as soon as this becomes possible for you.

Perfect Contrition is a grace from God, so sincerely ask for this gift throughout the day prior to making your act of contrition: "My God, grant me perfect contrition for all my sins".

1. In reality or imagination kneel at the foot of a crucifix and say to yourself: "Jesus, my God and my Saviour, in the midst of your agony, you remembered me, you suffered for me, you wished to wipe away my sins".
2. Contrition is 'perfect' if you repent of your sins because you love God and are sorry for offending Him and causing the sufferings of Christ on the cross. Before the Crucified Christ remember your sins, repent of them because they have brought our Lord to His sufferings on the Cross. Promise him, that with His help, you will not sin again.
3. Recite, slowly and sincerely, an act of contrition focused on the goodness of God and your love of Jesus: "O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again. Amen".
4. Make a firm resolution to go to sacramental confession as soon as practically possible.

How to make a Spiritual Communion

The key to Spiritual Communion is to grow in your heart a constant desire for the Blessed Sacrament.

1. If you are aware of serious or mortal sin, make an Act of Perfect Contrition.
2. Imagine the sacred words and actions of the Mass or watch online or on TV.
3. Make all those acts of faith, humility, sorrow, adoration, love and desire that you usually express before Holy Communion.
4. Desire, with earnest longing, to receive our Lord present — Body, Blood, Soul and Divinity — in the Blessed Sacrament.
5. Say this prayer of St. Alphonsus de' Ligouri: "My Jesus, I believe that You are present in the Blessed Sacrament. I love You above all things, and I desire You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You are already there, I embrace You and unite myself wholly to You; do not let me ever be separated from You. Amen.
6. After moments of silent adoration make all those acts of faith, humility, love, thanksgiving and offering that you usually express through prayers after Holy Communion.

Praying Holy Mass

In 1903 Pope St. Pius X inaugurated a century of emphasis on "actual participation" at Mass -- the *actuosa participatio* famously reiterated by Vatican II -- when he wrote:

"The Holy Mass is a prayer itself, even the highest prayer that exists. It is the Sacrifice, dedicated by our Redeemer at the Cross, and repeated every day on the Altar. **If you wish to hear Mass as it should be heard, you must follow with eye, heart, and mouth all that happens at the Altar. Further, you must pray with the Priest the holy words said by him.** You have to associate your heart with the holy feelings which are contained in these words and in this manner you ought to follow all that happens on the Altar. **When acting in this way, you have prayed Holy Mass.**"

With a missal or missalette in hand, of course. And even while viewing a telecast of a Mass, you can pray the Mass in this same way—just as you would if physically present.

Spiritual Communion when Holy Communion at Mass is not possible

Sometimes it's not possible to receive Holy Communion sacramentally at Mass. For instance, we may not be able to attend Mass because of illness. Or reception may be impeded by avoidance of contagion in times of pestilence, or by some other indisposition.

Then we can make what is known as a "**spiritual Communion**"—an act expressing what was described by St. Thomas Aquinas as "an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him." In a spiritual Communion, we, with contrite, humble hearts, ask our Lord to come to us in the same way He would if we were able to receive the Sacrament physically.

Some Catholic authorities (e.g., Saints and Popes below) suggest that the graces received by spiritual communion may be comparable to those received from actual sacramental communion by someone who is physically present. Though, of course, the Sacrament itself is *inherently* greater, and our disposition toward the Sacrament can greatly affect the extent to which we actually receive its fruits in our soul.

How to Receive Spiritual Communion

You can make an **act of spiritual communion** (as below) at the same time as those present at the Mass are receiving holy communion sacramentally. Though you can use your own words, many people say those recommended by St. Alphonus Liguori:

Act of Spiritual Communion

My Jesus, I believe that Thou art truly present in the Most Blessed Sacrament.

I love Thee above all things, and I desire to receive Thee into my soul.

Since I cannot at this moment receive Thee sacramentally, come at least spiritually into my heart.

I embrace Thee as being already there, and unite myself wholly to Thee. Never, never permit me to be separated from Thee.

Jesus, my sweet love, wound and inflame this heart of mine, so that it may be always and all on fire for Thee. Amen.

Just as many people say the *Anima Christi* immediately after sacramental Communion, so too can you say it after spiritual communion.

The Anima Christi

| | |
|--------------------------------|---|
| Anima Christi, sanctifica me. | <i>Soul of Christ, sanctify me.</i> |
| Corpus Christi, salva me. | <i>Body of Christ, save me.</i> |
| Sanguis Christi, inebria me. | <i>Blood of Christ, inebriate me.</i> |
| Aqua lateris Christi, lava me. | <i>Water from Christ's side, wash me.</i> |
| Passio Christi, conforta me. | <i>Passion of Christ, strengthen me.</i> |
| O bone Iesu, exaudi me. | <i>O good Jesus, hear me.</i> |
| Intra tua vulnera absconde me. | <i>Within Thy wounds hide me.</i> |
| Ne permittas me separari a te. | <i>Suffer me not to be separated from Thee.</i> |
| Ab hoste maligno defende me. | <i>From the malicious enemy defend me.</i> |
| In hora mortis meae voca me. | <i>In the hour of my death call me.</i> |
| Et iube me venire ad te, | <i>And bid me come unto Thee.</i> |
| Ut cum Sanctis tuis laudem te | <i>That I may praise Thee with Thy saints.</i> |
| in saecula saeculorum. | <i>Forever and ever.</i> |
| Amen. | <i>Amen.</i> |

Or the following prayer of St. Thomas Aquinas while the celebrant is completing the ablutions:

Prayer of Thanksgiving after Holy Communion

Lord, Father all-powerful and ever-living God, I thank You, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, You have fed me with the Precious Body & Blood of Your Son, our Lord Jesus Christ. I pray that this Holy Communion may not bring me condemnation and punishment but forgiveness and salvation.

May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good. May it be my strong

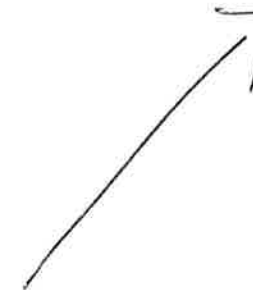
defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the One true God, and lead me safely through death to everlasting happiness with You.

And I pray that You will lead me, a sinner, to the banquet where you, with Your Son and holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. grant this through Christ our Lord, Amen.

Spiritual Communion According to Saints and Popes

*At Thy feet,
O my Jesus,
I prostrate
myself and I
offer Thee
repentance
of my
contrite
heart,
which is
humbled in
its
nothingness
and in Thy
holy
presence. I
adore Thee
in the
Sacrament
of Thy love,
the
ineffable
Eucharist. I
desire to
receive
Thee into
the poor
dwelling
that my
heart offers
Thee. While
waiting for*

*the
happiness
of
sacramental
communion,
I wish to
possess
Thee in
spirit. Come
to me, O my
Jesus, since
I, for my
part, am
coming to
Thee! May
Thy love
embrace my
whole being
in life and
in death. I
believe in
Thee, I
hope in
Thee, I love
Thee.
Amen.*



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