

Dear People of Saint Thomas,

It is very important to me and to the members of our parish staff to keep contact with you during this national health emergency – not only personally but spiritually. Please read the bulletin each week online at our parish website, in the MyParish app and at discovermass.org.

In compliance with the Bishop's directive, I will offer a private Mass on Sunday. I am offering these Masses explicitly for you, your protection and your well being. Should public weekday Masses be suspended, I will continue to offer private ones each day of the week.

It seems that we are given new parameters for our gatherings and protocols for our personal interaction almost daily. Please be patient with this. Our public officials and medical leaders are evaluating the progress of the disease daily. They will give directions for public health and safely accordingly.

**Please comply with the directives of the Governor,
and the national and County Departments of Health.**

Don't take on the attitude that you know better than them. It is easy to do. Remember, you are member of the Body of Christ. It is not about you or me, it is about all of us. The directions we are being given may very well be more about "all of us" than about you personally. They may be personally and socially inconvenient and costly to you personally. It is easy to be dismissive of them. It takes a lot of humility to allow someone other than yourself to lead, to follow their directions. This does not mean that you don't think for yourself. To this point the Governor and Health Department's directions have been implemented and sound reasons for them have been set out for us. It is humility to listen to the reasons, to weigh them, and then to comply when there is sense to them.

Few people know how to make a Spiritual Communion. A Catholic would do this when they are justifiably prevented from participating in Mass on Saturday evening or Sunday. Here are the directions:

Making A Spiritual Communion

1. Set aside ten or fifteen minutes. You can gather with your children and lead them in this process.
2. **Make the Sign of the Cross over yourself.**
3. Pray
**I confess to Almighty God and to you my brothers and sisters
that I have greatly sinned in my thought and my words,
in what I have done and in what I have failed to do.,
through my fault, through my fault, through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the angels and Saints, and you, my brothers and sisters,
to pray for me to the Lord our God.**
4. If you want you can **read from one of the Gospels** in your bible

or read the readings of the day from a hand missal
or on line at <http://www.usccb.org/bible/readings/031620.cfm>.

5. Spend a moment **offering prayers of petition** for those the world, for those you love or for those you know are in need.
6. Pray the **“Our Father”**
7. Pray:
**Lamb of God, you take away the sins of the world,
have mercy on us (grant us peace). (3x)**
8. Pray:
**Lord, I am not worthy that you should enter under my roof,
But only say the word and my soul shall be healed.**
9. Close your eyes, picture Jesus standing next to you and pray:
**Jesus, I believe that you are truly present in the Most Blessed Sacrament.
I love you above all things and I desire to possess you within my soul.
Since I am unable now to receive you sacramentally,
come at least spiritually into my heart,
I embrace you as already being there, and unite myself wholly to you.
Never permit me to be separated from you. My beloved Jesus,
in flame this heart of mine, so that it may be always and all on fire for you.**
10. Pray the **“Hail Mary.”**