



Bishop Shanahan High School
People of God; People for Others

OFFICE OF THE SCHOOL MINISTER

March 15, 2020
The Third Sunday of Lent

Dear Friends:

As we navigate the current global health pandemic, many of us will surely struggle with how to fulfill our Sunday Mass obligation. Here in the Archdiocese of Philadelphia, Archbishop Nelson Pérez has excused Catholics of our obligation and I know that many other bishops have done the same.

Still, many of us reply upon Sunday Mass for spiritual nourishment. Attached you will find several online opportunities for those who wish to observe Sunday Mass while also following the social restrictions set upon us to contain the spread of the virus. Additional prayer resources are also being provided for you and your family.

This is a trying time; one of heavy stress and anxiety for many of us. People are sick. Cities are quarantined. The economy is suffering.

It is not a peaceful world today, but Our Lord reminds us that our peace does not come from the world. Our peace is different.

"My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid." - John 14:27

Please know that you and your family will be held in prayer during these days. Together, let's pray that the Lord's gift of peace will help to settle our anxieties and fears. Also, let us continue to pray for the people whose lives have been impacted by the coronavirus as well as those who continue to care for them.

Sincerely yours,

Father John E. Donia
School Minister

*Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.
- Saint Teresa of Avila*

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SEEK THE THINGS THAT ARE FOUND ABOVE.

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Internet Mass Sites and Prayer Resources for those unable to attend Sunday Mass

Live Streaming Catholic Masses

- Archbishop Pérez will be the celebrant for Mass at 11 a.m. on Sunday, March 15 at the Cathedral Basilica of SS. Peter and Paul.
- The faithful are encouraged to participate by livestream through the Archdiocese of Philadelphia's website (<https://archphila.org>), or Facebook page (<https://www.facebook.com/ArchPhila/>), or through Archbishop Perez's Facebook page (<https://www.facebook.com/ArchbishopPerez/>).

Rosary Campaign

- Join online, by phone or in spirit for the recitation of the Holy Rosary every night at 8 PM until the Solemnity of the Annunciation. We will ask the miraculous intercession of the Blessed Virgin Mary to put an end to the coronavirus.

When:

Starts Friday, March 13, 8:00-8:30 PM (Eastern)

Every day through Tuesday, March 24

Please click this link to tune in each night at 8 PM:

<https://zoom.us/j/494480541>

Click the link 5-10 minutes early to allow your device to download any necessary software.

Or dial-in by telephone:

Dial: (646) 558-8656

Enter the Webinar ID: 494 480 541

Magnificat (online version of daily Mass):

- <https://mailchi.mp/magnificat.com/offering-free-online-access-for-all?e=e4a48fdb5cc>

Readings of the day: <http://usccb.org/bible/readings/031520.cfm>

- United States Conference of Catholic Bishops website
- Find the calendar graphic on the right side of the page. Click on the appropriate Sunday to find the readings for the Liturgy of the Word.

Daily Scripture and Reflections

- Sign up to receive free emails from Growing Catholics:
<https://www.growingcatholics.com/>
- Pray with Creighton University at:
<https://onlineministries.creighton.edu/CollaborativeMinistry/Praying-in-the-time-of-the-virus.html>

Liturgy of the Hours (Divine Office)

- Ebreviary: <https://www.ebreviary.com/>
- Divine Office: <https://divineoffice.org/welcome/>

A prayer for the sick especially those suffering from the coronavirus.

Loving God, you sent your son Jesus Christ to heal the sick. We ask you to come to our aid in the midst of the coronavirus crisis that we too may experience your healing love. We ask you to heal those who are sick. Calm those who are living in fear. Be with those who have died and comfort their families. Inspire health professionals to aid them in their healing work. Guide national leaders to lead and make decisions with wisdom. Help us to always be aware of your presence as we place our trust in you. We ask this in Jesus' name. Amen.

Prayer for an end to the coronavirus crisis

Loving God, we come before you in our time of need. We lay before you our concerns and fears over the spread of the coronavirus. We know that you are mightier than all our fears and that the name of Jesus is the name above all other names. We ask, in the name of Jesus, that you stop the spread of the coronavirus. In your mercy, heal those who are sick and lead those who have died into your heavenly kingdom. We ask this in the mighty name of Jesus. Amen.

Prayer of Pope Francis during the coronavirus crisis

O Mary,
you always shine on our path
as a sign of salvation and of hope.
We entrust ourselves to you, Health of the Sick,
who at the cross took part in Jesus' pain, keeping your faith firm.
You, Salvation of the Roman People,
know what we need,
and we are sure you will provide
so that, as in Cana of Galilee,
we may return to joy and to feasting
after this time of trial.
Help us, Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who has taken upon himself our sufferings
and carried our sorrows
to lead us, through the cross,
to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God.
Do not disdain the entreaties of we who are in trial,
but deliver us from every danger, O glorious and blessed Virgin.
Amen.

Acts of Spiritual Communion

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion which is a source of grace. Spiritual Communion means uniting one's self in prayer with Christ's sacrifice and worshipping him in his Body and Blood.

The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

A prayer for 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 in 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.