



Prayer Resources in the Absence of Mass

As was announced yesterday, all Masses in the Archdiocese of New York will be canceled beginning this weekend, March 14-15, 2020, due to continued concern surrounding the coronavirus, and at the advice of medical experts.

In light of these developments, members of the faithful may wish to observe Sunday as a day of prayer in the following ways:

1. **Mass** will be celebrated in Saint Patrick's Cathedral, and will be available on many cable systems via the Catholic Faith Network and its website

(<https://www.catholicfaithnetwork.org>), livestreamed on the Saint Patrick's Cathedral website (<https://www.saintpatrickscathedral.org/live>), and broadcast on radio on The Catholic Channel of Sirius XM (Channel 129).

2. **Act 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 is an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace him at a time or in

circumstances when one cannot receive Him in sacramental Communion. 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.

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.

3. **Prayers of Praise:** In addition to praying for communion with the Lord, it is also important to take time to offer God our praise. This can be done by celebrating the Liturgy of the Hours (<http://www.ibrevariary.com/m2/breviario.php>) or through a Liturgy of the Word service (<https://tinyurl.com/qmmr2qy>), which can be celebrated at home.

4. Lastly, let us **keep each other and our world in prayer** during these challenging times.

Prayer to the Virgin Mary for Protection

O Mary, you shine continuously on our journey as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick.

At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Our Lady of New York, know what we need.

We are certain that you will provide, so that,

as you did at Cana of Galilee,

joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love,

to conform ourselves to the Father's will

and to do what Jesus tells us:

He who took our sufferings upon Himself, and bore our sorrows to bring us, through the
Cross, to the joy of the Resurrection.

Amen.

We seek refuge under your protection, O Holy Mother of God.

Do not despise our pleas – we who are put to the test – and deliver us from every danger, O
glorious and blessed Virgin.

Amen.