

ACT OF SPIRITUAL COMMUNION

The Church encourages frequent, even daily Holy Communion, but if we cannot go to Mass in this season of the coronavirus, or if one cannot receive Holy Communion for some other reason, we can still unite ourselves to the Eucharist through making a Spiritual Communion.

By making an Act of Spiritual Communion, we express our faith in Christ's Real Presence in the Eucharist and ask Him to unite Himself with us. This can be done anywhere, including at home. Here is the Act of Spiritual Communion written by St. Alphonsus de Liguori:

**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**

WHAT ABOUT SUNDAY OBLIGATION?

The Code of Canon Law says that *"On Sundays and other holy days of obligation, the faithful are bound to participate in the Mass"* (can. 1247). However, for serious reasons Catholics have always been excused from this obligation. Such reasons can include illness, the care of infants, weather conditions that make travel or walking dangerous. During this season of the coronavirus (COVID-19) public masses have been cancelled and one is dispensed from the Sunday Obligation. Even if masses were not cancelled, if you felt sick or were part of a vulnerable demographic, you would still be dispensed from the Sunday Obligation. *Do not feel guilty* if you cannot make it to Mass due to COVID-19. There is no sin. Instead one might consider watching Mass on television, saying the rosary, reading the Bible, or engaging in some other prayerful or spiritual activity. God bless.

MASS ON TV AND INTERNET:

- **Vision TV:** Sunday 8:00 am; Monday – Friday 8:00 am & 12:00 pm; Saturday 8:00 am & 9:30 am.
- **Salt+Light television:** Monday – Saturday 6:30am, 9:30am (with the Pope), 11:00 am, 3:00 pm & 10:30 pm; Sunday 11:00 am & 10:30 pm.
- **Internet:** www.youtube.com/dailytvmass or www.catholicstv.org/masses/catholicstv-mass/masses-live-demand