

<https://www.jesuit.ic/news/a-spirituality-for-strange-times/>

<https://www.cbcew.org.uk/COVID19>

To access live streamed Mass.... <https://www.churchservices.tv/whats-on-now/>

A National Novena to Our Lady of Knock will take place from 17-25 March and will be live streamed (ie while (if ?) it's on you can access it online.) There will be prayer for a swift end to the Coronavirus, the protection of all people against it, all who are ill at this time and all medical and civil authorities. Two sessions daily (online only):
12 noon: Angelus, Mass and Novena prayers
7.00pm: Rosary
7.30pm: Mass and Novena prayers followed by Eucharistic blessing

Making an Act of Spiritual Communion

This is a very old church tradition encouraging us, when unable to attend Mass, to deepen our communion with the Lord. You.....

1. Make an act of faith. The key here is to express to the Lord: our faith in his merciful love and his real presence in the Eucharist. ...
2. Make an act of love. O Lord God, I love you above all things. ...
3. Express our desire to receive him.
4. Invite Jesus to come into our hearts spiritually....eg.....

*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.*

Sacraments and Prayers at St Mary's during the crisis.

Baptisms are deferred till further notice, except for emergency baptisms.

The Sacrament of Reconciliation/

Confession will be available as usual on Saturday mornings in church from 10.30am—11.30am

First Reconciliation and First Holy Communion are, very sadly, postponed until a time that allows for families and friends to



gather safely within our churches. This applies also to weddings and confirmation. We will be issuing a separate letter like this for parents and children preparing for these sacraments, while they are housebound.

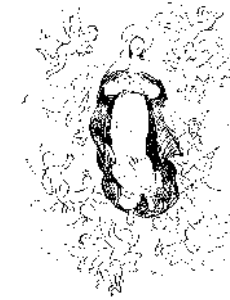
Anointing of the Sick

No pastoral visits can be made to people who are self-isolating until the isolation period ends. However, please ring for prayer or support. When otherwise anointing the sick, the Oil of the Sick can be applied using a cotton bud which can be burned afterwards (one end for the head and the other for the hands) and the priest will extend his hands over the sick person for laying on of hands, without physical contact. This has been confirmed as a valid mode of celebrating the sacraments which involve "laying on of hands." Visits to people in care homes or hospitals should follow advice from the staff on infection control.

Please note that children of school age on free school meals can access free food at McDonalds as of now.

Catholic Parish of St Mary's Rhyll

*The Lord is my
light and my salva-
tion; whom then
shall I fear?*



*the Lord is the
stronghold of my life;
of whom shall I be
afraid?*

Psalm 26

SPIRITUAL RESOURCES WHEN CONFINED TO HOME

From Fr Charles : The Bishops of England and Wales have, for safety, as you know, asked us to stop public worship gatherings for now. . Most parish and 4thecommunity meetings are cancelled as from this weekend. For many people, being at home, isolated, will be a great trial, even scary. For others it will feel like a loss of the main way we nourish our faith, but it may also be a way to renew and deepen faith. We can approach it via our story, the Lent/Easter story, as we now enter the desert with the Lord. Sundays from now on will be desert and Good Friday experiences of the absence of God, maybe showing us how we take God, life and faith for granted. So, being confined to home, while challenging for many of us, may help us renew our lives, seek out faith resources and explore new ways of prayer. Such faith practice will be essential to help us through the crisis. This series of leaflets aims to point to such resources. They will be available in church and on the website.

The Sunday Mass sustains our togetherness, our unity in the Lord. How do we sustain our community while apart ? Even when we cant attend Mass, we can read the Sunday texts or pray the Rosary. Many churches throughout the world offer live-streaming of Masses online. One parishioner has helpfully suggested we all here at St Mary's try to stop at 12 noon for prayer and I suggest we do this. Pope Francis Another has composed a beautiful prayer for when we wash to immunise. St Mary's church will be open throughout the crisis

PRAYERS When praying try to find a focal point. This might include a crucifix, icon or other holy image, and a lighted candle.

Examen Before listening to the Word of God take a moment to reflect.

For what am I grateful to God for today?

Where did I stray from God: through words, actions or things I did not do.

How might I do better tomorrow?

What grace do I ask from God in order to live more closely in his love.

You may wish to conclude by saying:

Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy.

You have poured out on your people the Spirit of truth: Christ, have mercy.

You are the Good Shepherd, leading us to eternal life: Lord, have mercy.

A PRAYER while WASHING HANDS

“May the Lord bless me and mine” To be said 4 times while washing hands, instead of happy birthday.

Followed by, if desired:

In the name of Jesus and with the authority given to me as a Christian, I bind and rebuke every germ and virus surrounding me that's in the air and the atmosphere, fire, water, earth and underground. I cover myself with the blood of Jesus for protection. AMEN

AFRICAN UBUNTU BIBLE STUDY

This Bible Study method comes from Africa and is rooted in the ancient method of praying the scriptures, known as Lectio Divina, or “Holy Reading”.

1 Read a bible passage slowly.

2. Identify a word or phrase that catches your attention. (1 minute)

3 Think where this passage touches your life today. (3-5 minutes)

4 Read the passage a third time

5 Ask yourself "From what I've heard and shared, what do I believe God wants me to do or be? Is God inviting me to change in any way? (5 minutes)

This is also very good with a group or a (soul) friend.

Prayer for others. This is an occasion for all of us – especially in families – to pray more intensely for each other and especially for those who have succumbed to the illness. We should pray also for those at the frontlines – especially doctors, nurses and medical staff and other carers, including clergy – that the Lord will protect them as they place their own well-being at risk in the service of all.



A bible in which you can underline favourite texts or prayers can be a great help. When a text moves you it's always recommended to return to that text again. Here's one relevant for the crisis time....

Gospel Mark 4:35–41 .

Caring for Self and Others in Times of Trouble: Some Spiritual Tools and Tips (from Harvard RE Dept)

1. Breathe. Breathe. Breathe some more. Take time in your day, at any moment, to take ten deep even breaths. Carve out 5-10 minutes to meditate or practice mindfulness or contemplative prayer. Start here, now, wherever you are.



2. Ground yourself in the present moment. Focus your awareness on something real, enduring, or beautiful in your surroundings. Look up often. Discover the wonder and awe that is already here.

3. Acknowledge your fears, anxieties, concerns. Offer them up in prayer, if you pray. Write them in your journal. Share them with others. Feel what you feel, honor it, and know that it is not the final word.

<http://www.catholicv.org/shows/papal-programming/the-rosary-luminous-mysteries> Live streamed.

<https://www.harvard.edu/sites> (coronavirus)

<https://www.churchofengland.org/> (coronavirus)

From the Tamara community Website

Dear friends and partners all over the world, Thanks to the coronavirus, we as humanity are currently learning something very precious. We're learning how powerful and efficient something incredibly tiny can be when it resonates with a latent field. This tiny thing, in this case, is a virus. The latent field is fear – an immense, collective fear of the future: an ingredient and counterpart of turbo-capitalism on the edge of global collapse.

Things are happening today that no one else has been able to achieve, not the climate strikes or environmental actions of recent years, nor the UN in all its years of existence, nor all the efforts, threats, appeals, movements and scientists, nor the Pope or other authorities. Now we're seeing determined, rigorous action across all continents. Industry, tourism, education, sports... Large areas of public life in many countries of the world have been locked down. **Humanity is on pause. And suddenly, the skies over China and northern Italy are clearing up again** – air pollution is decreasing dramatically – people stay at home and finally have time for themselves, to reflect and contemplate, think about what is essential, be with their children and the people close to them. In Italy, they're singing to each other from windows and balconies. See website listed for more.....



“The struggle you're in today is developing the strength you'll have tomorrow.”

Anon

“In times of crisis, people reach for meaning. Meaning is strength. Our survival may depend on our seeking and finding it.”

Viktor E. Frankl