

Spiritual Communion and Prayer Resources

from Archbishop Carlson

Below are several resources that can be used during this time for Parishioners to stay connected through prayer. While it is certainly difficult to be unable to celebrate Mass as a parish, there are many other things we can be doing during this time to stay sacramentally connected. Along with the directives and mandates already set forth the following are several resources that you may find beneficial.

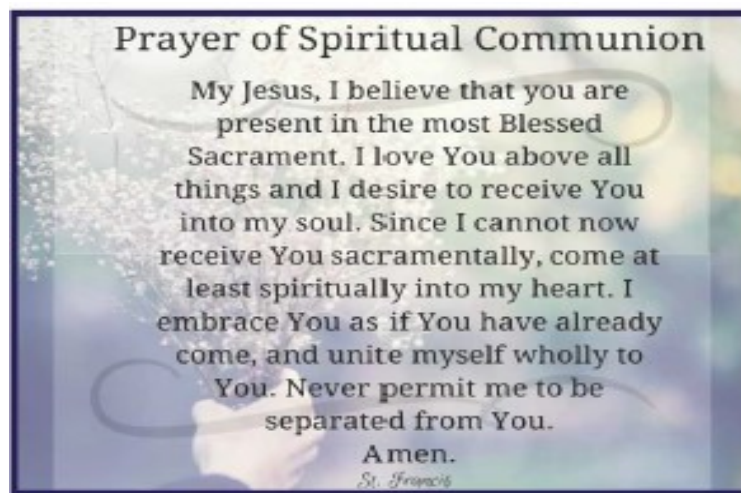
SPIRITUAL COMMUNION

Receiving the Blessed Sacrament in the Eucharist is the source and summit of our Catholic faith, but during these unprecedented times and to ensure the health and safety of all people, it is not possible to receive the Sacrament during this time. However, there are still opportunities to draw close to Christ and unite with the Church during these difficult times.

“The Church obliges the faithful "to take part in the Divine Liturgy on Sundays and feast days" and, prepared by the sacrament of Reconciliation, to receive the Eucharist at least once a year, if possible during the Easter season.”

--Catechism of the Catholic Church §1389

While we are unable to receive the Blessed Sacrament during the next several weeks, we can take the opportunity to participate in Mass online, reflect on scripture, and engage in further spiritual reading. One excellent way to receive the blessings bestowed upon us is through a **Spiritual Communion**.



SCRIPTURE & SPIRITUAL READING

- Daily Readings: <http://usccb.org/calendar/index.cfm?showLit=1&action=month>
- Catechism online: <http://ccc.usccb.org/flipbooks/catechism/index.html> or http://www.vatican.va/archive/ENG0015/_INDEX.HTM

PRAYER RESOURCES

MAGNIFICAT:

Their online version is being made temporarily available to everyone for free:
www.magnificat.com/free

Free temporary access is also available in Spanish: www.magnificat.com/gratis

Give Us This Day: <https://giveusthisday.org/Free>.

Prayer to Our Lady of Guadalupe: [https://youtu.be/M-KF_ZxbkD4?
list=PLpTzvCOJa7DCHIfdjcDiaydw7XUGHYQOE](https://youtu.be/M-KF_ZxbkD4?list=PLpTzvCOJa7DCHIfdjcDiaydw7XUGHYQOE)

It is our hope that during these unprecedented weeks ahead it will be a time of prayer, reflection, and spiritual growth amongst our parish families. We continue to encourage you to spend time in silence in conversation with our Lord. Only He can carry us through these times. We must take up our cross and unite in prayer together.