



Infifax



COVID-19

On Friday, March 13th, I wrote Infifax N. 68 on some of the local effects of the COVID-19 pandemic, the coronavirus. As our Diocese, at that time, had no cases of this disease and gatherings of 250 people were allowed, I felt that we could have our usual Sunday celebrations.

However, on March 16th, the Chief Public Health Officer of Canada invited Canadians to eliminate gatherings of more than 50 people in order to limit the spread of the new coronavirus; today, March 17th, the Premier of Ontario made this measure mandatory. It seems that we should expect, as for the United States, an even greater reduction in the more or less short term: 10 people!

- 1- **As such, it is no longer be possible for the faithful to go to church for our usual Sunday and even of weekday Masses until April 5 2020.** According to Canon 1248 § 2, *“if participation in the Eucharistic celebration becomes impossible because of the absence of a sacred minister or for another grave cause, it is strongly recommended that the faithfuldevote themselves to prayer for a suitable time alone, as a family”.*
- 2- The priests will, however, continue to celebrate Mass in church, alone or with one or two assistants. Unable to be physically present at these celebrations, the faithful are invited to be spiritually united with their priest at the time they usually go to mass, or according to the new timetable indicated by the priest. It will be the same for daily mass.
- 3- As Catholic faithful, we must live this moment in faith, taking the example of Our Holy Father Pope Francis who went to meditate before the crucifix that saved many from the plague and before the image of the Blessed Virgin protector of the Roman people.
- 4- Masses are broadcast on television and on the internet:

Television Masses:

Vision TV: Sunday 8:00 am; Monday – Friday 8:00 am & 12:00 pm; Saturday 8:00 am & 9:30 am.

Salt+Light: 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.

Online Masses

Daily TV Mass (any time access) <https://www.youtube.com/dailytvmass>

Salt + Light TV (see above for times) <https://saltandlighttv.org/live/?muid=1>

5- It is also possible to use these written resources : **Free Online Mass and Prayer Resources**

Magnificat (daily mass prayers & readings, daily meditations and more)

<https://us.magnificat.net/free>

Word Among Us (daily mass prayers & readings, daily meditations and more)

<https://wau.org/meditations>

Catholic Resources for Children

My Catholic Kids (includes Sunday video to explain Gospel to children)

<https://mycatholickids.com/>

The Catholic Kid (colouring pages) <http://www.thecatholickid.com/>

The Kid's Bulletin (activities based on Sunday readings) <https://thekidsbulletin.com/>

Catholic Mom (activities and worksheets)

<http://catholicmom.com/kids/catholic-gospel-coloring-worksheets-sunday-mass/>

Liturgy of the Hours

Unversalis <https://universalis.com>

6- **It is possible to unite spiritually to the Masses celebrated privately in the diocese:**

- a. Mass of the Bishop in his chapel, Monday to Friday at 7 a.m. Saturday and Sunday at 9 a.m.
- b. Masses in the parish church: own timetable.

7- **How can we spiritually unite with these local Masses?**

- a. Turn off the TV or radio.
- b. Take a moment of silence:
 - i. Make the sign of the cross: place oneself in the presence of God;
 - ii. Call to mind your church: altar, tabernacle, crucifix, statue of Mary
 - iii. Remember the face of the priest, regular faithful

- c. Express our faith in the communion of saints: the Blessed Virgin, Saint Joseph, angels, patron saints;
- d. Express our union with the Pope, bishop, parish priest, faithful of the parish, and of the world.
- e. Read the Word of God: *Living with Christ* or Bible
- f. Recite the Rosary : glorious mysteries on Sunday and Wednesday; joyful mysteries (Monday and Saturday); sorrowful mysteries (Tuesday and Friday); luminous mysteries (Thursday).

Here is an example of the glorious mysteries.

- i. *Resurrection*: pray for the COVID-19 patients and the deceased, families, personal intentions (families, friends)
- ii. *Ascension*: pray for medical personnel and public services (security, food, medication).
- iii. *Pentecost*: asking for light and strength for medical researchers and workers affected by the economic context.
- iv. *Assumption*: pray for those in charge that they make the right decisions for people and society
- v. *Coronation of Mary*: pray for pastors: that they will find the means to spiritually accompany the faithful in this time of crisis.

Rosary Meditations

Dynamic Catholic: How to Pray the Rosary (step by step guide) <http://bitly.com/3b7otfT>

Dominican Rosary Meditations

<https://www.marburydominicannews.org/wp-content/uploads/2017/12/dominican-jubilee-rosary-meditations.pdf>

7- Make the Spiritual Communion like proposed in Infobox n. 68 :

Recite the *I believe in God*, the *Our Father*, the *Hail Mary* 3 times, then the following prayer of Saint Alphonsus Liguori:

My Jesus, I believe that you are in the Blessed Sacrament. I love you above all things, and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though you have already come, I embrace you and unite myself entirely to you; never permit me to be separated from you. Amen.

One recites then three times the *Glory to God, to the Son, and to the Holy Spirit*.

Conclusion : *May God Bless us and keep us from every evil and lead us to Eternal Life.*

Spiritual Communion

<https://aleteia.org/2018/09/20/cant-receive-the-eucharist-heres-how-to-make-a-spiritual-communion/>

- 8- The churches will be open at certain times for a private visit to the Blessed Sacrament.
- 9- The priests remain available for the Sacrament of Penance, the Anointing of the Sick and Viaticum.
- 10- All activities of our parishes which bring together several people are suspended (i.e. movements, sacramental preparation, committees).
- 11- For Holy Week:
 - a. The palms will be blessed by the priest and can be taken from the church.
 - b. The Chrism Mass will not take place in New Liskeard as planned, but will be celebrated privately at the cathedral or perhaps even in the Bishop's Chapel.
 - c. Holy Thursday, we will offer moments for Adoration of the Blessed Sacrament.
 - Online Perpetual Eucharistic Adoration**
 - Virtual Adoration (Eucharistic Adoration Chapels with live webcams)
 - <https://virtualadoration.home.blog/>
 - d. Good Friday: the church will be accessible for private visits (Way of the Cross).
 - Stations of the Cross**
 - Bishop Barron (video reflection of the Stations of the Cross)
 - <https://www.youtube.com/watch?v=pJNjtA-Awb4>
- 12- In this difficult situation, the end of which we do not know when, as Catholic faithful, we also think of people who are deprived of money; they continue to have needs and find themselves in precariousness. Our parishes are also deprived of financial support.

May the Lord accompany us!



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