



Our SFX Community Prays Together during COVID 19

CONFESSIONS

Father Bob will be hearing Confessions this Saturday, March 21, from 3:00-3:45 pm in the SFX Church Reconciliation Room. Proper social distancing should be maintained during the Sacrament. Hand sanitizer is available at the church doors. (Father Bob and Father Steve are also available for Confessions by appointment).

MASSES

All public Masses are suspended.

The faithful are dispensed from the obligation to participate at Mass on Sunday.

There are many local parishes, including our Cathedral, that are live-streaming the Mass. Go to <https://kcsj catholic.org/coronavirus-updates/livestream/> to find a list. We also encourage you to go to <https://kcsj catholic.org/coronavirus-updates/> to watch a message from our Bishop and for other important information.

THE DOMESTIC CHURCH

Individuals and Families are encouraged to pray as "the domestic church" at their usual Mass time.

+ Light a candle. The lighting of candles is a reminder that God-who-is-love is always all around us and within us.

+ Make the Sign of the Cross and pray the "I confess..." prayer.

+ Read the Sunday Readings (go to www.usccb.org to find the readings).

+ Reflect and Discuss.

+ Offer Prayers including these that the Bishop has asked us to pray as a church family:

- For those who are suffering in the current outbreak of sickness, that they might be healed, and for the happy repose of all who have died from this sickness in recent weeks; let us pray to the Lord
- For scientists, health professionals, public officials, and all who are serving the common good in this difficult and uncertain time, that they will be filled with wisdom and understanding; let us pray to the Lord
- That in times of illness, our merciful and loving Father will strengthen our faith and trust in His goodness and divine providence; let us pray to the Lord
- That our compassionate Father would touch all affected by the current outbreak with healing and peace; let us pray to the Lord

+ Make a spiritual communion:

Pray the Lord's Prayer ("Our Father...")

Pray

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.

