



# The Catholic Communities of St. Ann and Holy Angels



ROMAN CATHOLIC DIOCESE OF OGDENSBURG

3/21/2020

My dear parishioners,

For those of us who are used to being close to the church's sacraments these days of distance due to the coronavirus are difficult and strange. I am discovering that even those who haven't been completely faithful to Mass or the church's sacraments are finding that the suspension of Mass disturbs the conscience of all of us who feel an often-unannounced comfort in knowing that Mass is being said.

I join you in all the emotions of having our typical schedule of Mass. The thought that my parishioner's souls are being denied the food of the Eucharist for their souls is upsetting to me and drawing me into deeper and deeper prayers for each of you.

I recommend the following:

- The churches will be open (beginning Monday, March 23) during the day for any of you who would like to stop in and have a moment of prayer before the Eucharist. Please stop by and pray for those who are sick, those who are working with the sick and those who are missing having the Lord nourish their souls daily. I ask that those who live close to the church keep an eye out for anything concerning.
- Please know that I am saying Mass each day and all of you are particularly remembered in those Masses. I encourage you to watch Mass on TV. Spectrum is recording Mass daily for this purpose from parishes in our diocese. For those without cable, access the Mass by EWTN or Word on Fire.
- I am in the rectory and staying out of society particularly in the event one of you will need me. I am always available by phone so please call if you have questions or have a need which I can assist with. If someone is dying or very ill and needs to be anointed, please call me and I will come to you.
- I especially recommend praying the rosary. Our Lady of the Immaculate Conception is the patroness of our country and she has protected us with love and care for many years. I feel her particularly

close to us in this time and invite you to tap into her powerful intercession for us.

- **Make spiritual communions:** this is simply done by your heart's intention to receive the grace we would receive when we receive the Eucharist. Make that intention and ask the Lord to come to you and communicate with you in your soul. Say an Our Father, a Hail Mary and Lamb of God. These spiritual communions can be powerful and especially helpful when stressed.
- I recommend that if you are home with children you pray with them. Remember, we adults teach them how to survive these difficult moments and if we forget to teach them to pray during these times then we have missed an important opportunity and obligation. Bring your children out to church, come in and say a prayer with them. Teach them the stations of the cross...walk around to the stations and tell them the story of each one. Kneel at the communion rail and talk to Jesus and ask Him to bless the family and ask the kids to say out loud what they would like to ask Jesus for. Their prayers will help you discover what they may be most afraid of.
- Use your phone to check on relatives, neighbors or anyone who may need your help or who may help you in keeping from being lonely. A phone call can be very powerful help in times like this.
- During Holy Week (Monday thru Friday) I will be in church for confession should anyone want to stop by. I will be there from 10:30AM to 12:00 noon.
- If you are able, **AND ONLY IF YOU ARE ABLE**, please consider that the essential bills for the running of the parish continue. If you could send what you normally would give in the collection at Mass through the mail, we would be very grateful. Please know that we are doing our best to keep the financial needs of the parish at a minimum.

With blessing and prayers,



Fr. Adrian Gallagher