

Prayer resources for parishioners while public Masses are suspended

Video Masses—A video of Fr. Joseph celebrating Mass is available each week at *StJosephsMatamoras.com*. Daily Mass offered at the Cathedral of St. Peter in Scranton is streamed at *DioceseOfScranton.org* and accessible on the diocese's YouTube channel. Many other Mass broadcasts are available on the EWTN cable TV network and on Optimum Cable channel 19.

Open Hours—St. Joseph's Church is open daily for individual prayer on weekdays from 1:00–2:00 p.m. in designated areas that are sanitized daily.

Perfect Contrition—With the increasing difficulty individuals face in receiving the Sacrament of Reconciliation, the faithful of the Diocese of Scranton are reminded that by having perfect contrition one can receive the forgiveness of sins apart from going to confession. Perfect contrition requires the following three things: 1) a love of God above all else; 2) a sincere desire for the forgiveness from sin; and 3) the resolution to go to confession as soon as possible when this health crisis subsides.

~~Confession services can be arranged by appointment at 961-866-1111.~~

Prayer for Spiritual Communion

*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 in 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.*

Act of Spiritual Communion—It has long been the understanding among Catholics that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion, which is a source of grace. Spiritual Communion is an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace him at a time or in circumstances when one cannot receive Him in sacramental Communion. The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

Prayers of Praise—In addition to praying for communion with the Lord, it is also important to take time to offer God our praise. This can be done by celebrating the Liturgy of the Hours or through a Celebration of the Word service, either of which can be celebrated at home. The following publishers have graciously made these daily prayers available for free online: **Magnificat** (*us.magnificat.net/free*); **Give Us This Day** (*giveusthisday.org*); and **The Word Among Us** (*wau.org/meditations*)

The Intercession of Our Lady—Lastly, let us keep each other and our world in prayer during these challenging times. In addition to praying the Rosary and the Divine Mercy Chaplet, this beautiful prayer, composed by Pope Francis asking for the intercession of Our Lady—whom he calls Health of the Sick—may be offered.

Prayer to the Virgin Mary for Protection

*O Mary, you shine continuously on our journey
as a sign of salvation and hope.
We entrust ourselves to you, Health of the Sick.
At the foot of the Cross
you participated in Jesus' pain, with steadfast faith.
You, Salvation of the World, know what we need.
We are certain that you will provide,
so that, as in Cana of Galilee,
joy and feasting might return
after this moment of trial.
Help us, Mother of Divine Love,
to conform ourselves to the Father's will
and to do what Jesus tells us:
He who took our sufferings upon Himself,
and bore our sorrows
to bring us, through the Cross,
to the joy of the Resurrection. Amen.*