

KEEPING HOLY THE LORD'S DAY

When it is not possible for us to attend Mass, here are some ways we can keep holy the Lord's Day.

Set up a Home Altar



Create a sacred space with a crucifix, Bible, rosary.

Watch Sunday Mass via Livestream



Mass will be celebrated without the congregation and live-streamed from the Cathedral Basilica of Our Lady of Peace in Honolulu each Sunday at 9:00 a.m. and can be accessed at <https://www.facebook.com/HonoluluCathedralBasilica> or www.hictv.com. In addition, other parishes may livestream the private Mass of the priest, so check your parish's website to see if this service is offered.

Mass is also live-streamed on www.ewtn.com

Make an Act of 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.

SPIRITUAL ACT OF COMMUNION



For various reasons we may be prevented from receiving the Eucharist at Mass. We may have broken the one hour fast, be in a state of mortal sin, or we could even be homebound, unable to leave our home to attend Mass.

In these cases the Church encourages us to make an act of “spiritual communion,” where we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with him when we are unable to complete that union in the reception of Holy 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 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.

Reflect upon the Sunday Readings as a Family

Word on Fire: www.wordonfire.org

Fifty-two Sundays: www.52sundays.com

Loyola Press Sunday Connection:

<https://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection>

Pray the Rosary

www.rosarycenter.org



Keep in Contact with Your Parish Faith Formation Ministry Leader



Your parish will provide you with resources to grow in faith and seek comfort in the Lord.

A list of resources is also available on diocesan [Office of Religious Education website](#).

Show Concern for Vulnerable Populations



Check on elderly neighbors, offering to shop for groceries and other essentials, keeping in regular contact to minimize loneliness and isolation. Support the efforts of your parish social ministry programs.

Pray Together as a Diocese

DIOCESE OF HONOLULU PRAYER FOR THE COVID-19 CORONA VIRUS PANDEMIC

[by Bishop Larry Silva; March 12, 2020]

Dear God of all the living, you sent your Son Jesus to heal us from illness and sin. We turn to his healing power in this time of anxiety over the pandemic of this potentially deadly virus.

St. Damien and St. Marianne Cope dedicated their lives to service of those who had an infectious disease. St. Marianne Cope said, "I am not afraid of any disease," because she was confident of your power to save. At the same time, she took prudent precautions of hygiene to assure that she and her Sisters would not be infected.

Let us learn from this example to put our trust in you to save us from the ravages of disease and to take prudent measures to prevent its spread. Guide us to know when to isolate ourselves from the possibility of infection, but never let anyone be left without the care and concern of others in the community.

As our Diocese of Honolulu has been dedicated to the Divine Mercy, we pray with confidence, "Jesus, I trust in you."