A person wearing a hat stands in a field of tall grass, leaning against a weathered wooden fence. The scene is bathed in the warm, golden light of a sunset, with the sun low on the horizon to the left. The person's silhouette is visible against the bright light. The text is overlaid on the center of the image, enclosed in a white rectangular border.

P H Y S I C A L
B U T N O T
S P I R I T U A L
D I S T A N C I N G

P S A L M 23 : 4

“ Even though I walk through the darkest valley, I fear no evil; for you are with me ”

Out of a loving concern for others we may be physically isolating ourselves, but we do not need to be spiritually isolated.

Now is the time to strengthen our spiritual selves through a deeper life of prayer.





PERSONAL **PRAYER**

If you haven't already, establish a rhythm of prayer where you consistently come aside with Jesus and converse with Him. Just a few tips:

1. PLAN YOUR PRAYER TIME.

Set aside a specific period of time and keep to it daily. Try to make it as quiet as possible.

2. CONVERSE WITH GOD – TALK AND LISTEN.

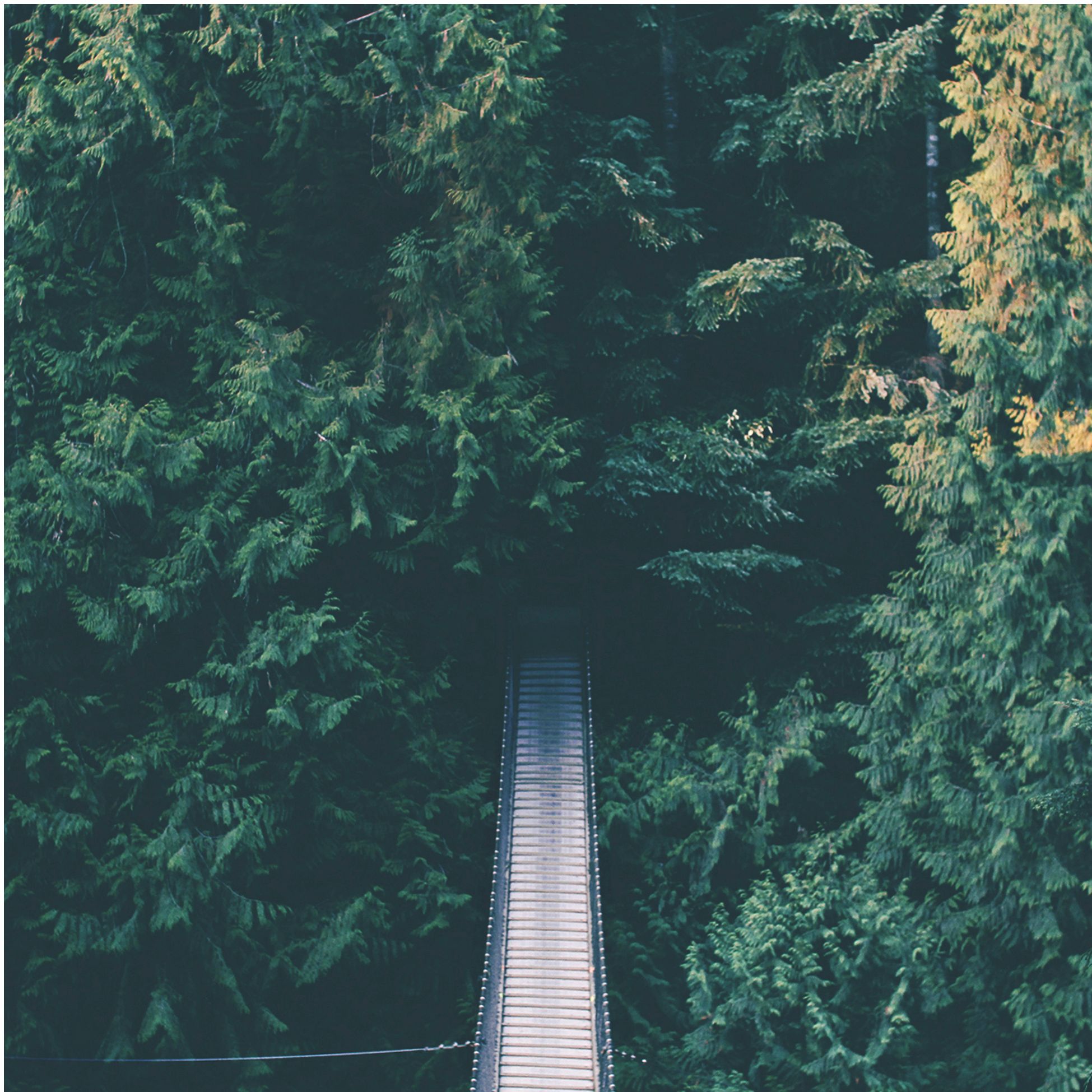
Read Scripture to listen to God, use an app for daily reflections (Hallow, Laudate, Universalis, Ignite Fuel etc), pray traditional prayers (rosary and Divine Mercy chaplet). Bring your needs, and those of others, to God and leave them with him.

S P I R I T U A L C O M M U N I O N

While Public Masses are suspended, and our obligation to attend Mass is dispensed by our bishops, Mass continues to be said privately by priests throughout our Church on behalf of the faithful on a daily basis.

We can keep Sunday holy by setting aside some time for prayer at home, reading the Scriptures of the day, watching Mass on television or online, and asking God for the graces they would normally receive in Holy Communion.

It is also a great time to make use of the beautiful tradition of making a spiritual communion, when we can't make a physical communion. Aware that Mass is being celebrated somewhere in the world at any given moment, join your soul to the offering of Mass with a prayer such as this:



A N A C T O F
S P I R I T U A L
C O M M U N I O N

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.



We are the Body of Christ. A body must stay attached to its head to stay alive! We too must each stay connected with the Head of our Body, Jesus Christ. For the sake of the rest of the Body of Christ, we must each work on our own prayerful relationship with Jesus and encourage others to do the same. In this way, we are more firmly united with Jesus and with his Body.

For *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”* Jn 15:5



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