

# *Saint Thomas More Catholic Church*

*4 Convent Road, Morristown, New Jersey 07960*

*973- 267-5330*

*www.stmnj.org*

*info@stmnj.org*

*We exist for one reason: to come to know and be formed by the Word of God and the Message of Jesus. When we gather in prayer and worship, in service and community, we assemble as disciples and friends with the Lord in our midst. Rooted in our Roman Catholic tradition, we are proud of our parish heritage and hopeful for our future.*

*Fourth Sunday in Lent - March 14, 2021*

## *Parish Staff*

*Fr. Thomas Fallone, J.D.  
Pastor  
[tfallone@stmnj.org](mailto:tfallone@stmnj.org)*

*Fr. Joe Davis  
Weekend Assistant*

*Fr. Daniel Chajkowski  
In Residence  
[lionheartdan@gmail.com](mailto:lionheartdan@gmail.com)*

*Tracy Magatis  
Parish Bookkeeper  
[tmagatis@stmnj.org](mailto:tmagatis@stmnj.org)*

*Blanca Dalio  
Music Director*

*Frank Miles  
Trustee*

*Mary Murphy  
Trustee*

## *Parish Facility Closures:*

*Except for limited, public Masses as announced on our website, and office hours by appointment, the church, the parish office and all parish grounds will remain closed until further notice. We look forward to updating you when we can resume with scheduled ministries and events.*

### *Celebration of the Eucharist*

*See our website each week for the most up-to-date information on limited public Masses to be celebrated on weekends and applicable sign-up information.*

### *Sacrament of Reconciliation (Penance)*

*All parish activities and events, including Penance Services and scheduled Confessions, are suspended until further notice.*

### *Additional Sacraments and Celebrations*

*Baptism: Baptisms are permitted with certain restrictions, including limited attendance. All are to keep the recommended social distance. Please email [info@stmnj.org](mailto:info@stmnj.org) for more information and to make arrangements.*

*Funeral Rites: Funeral Masses are permitted with certain restrictions, including limited attendance. All are to keep the recommended social distance. Please contact Father Tom for more information and to make arrangements.*

*Marriage: Until further notice, all weddings are deferred.*





***Blast from the Past(or)***  
**Fourth Sunday in Lent**  
**March 14, 2021**

*For by grace you have been saved through Faith, and this is not from you; it is the gift of God*

I have been so consumed with the ongoing chronicles of Prince Harry, Meghan and Little Archie that I almost lost sight of the big picture. Luckily, Lent's Fourth Sunday jostles us back to the meaning of life. In full disclosure, I must say that I was unable to attend Harry and Meghan's wedding. Well, okay, more specifically, I was not invited. But that was only because they had to narrow down the guest list. Totally understandable and I'm sure not personal at all. No, I also wasn't invited to any post-wedding dinner parties. Or the baby shower. They haven't really been in touch for a while. BUT, then all the COVID stuff happened and then there was the Oprah interview...so I totally get it, and I don't feel slighted in the least. Nope, not at all. Instead, I just sent them a card and some Copperfit Energy Socks that I picked out. No wedding registry for me—I choose gifts from the heart. I don't even want a thank-you. Their joy is enough for me. And I'm sure such a thoughtful gift will lead to a gracious invitation soon. I'll wait. My gosh, I am sorry! Back to the Fourth Sunday of Lent... St. Paul reminds us that all is Gift. You have been saved in Christ, and this is not your doing. Like me thinking about the Royal Family, sometimes we can forget that our ultimate concern is salvation. That's our end-game. You want to go to Heaven. Our Lenten Project of purgation gives us a sacred time to extricate that which might distract us from the goal of eternal life and the Truth about us all as created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.

God bless you!!!!!!!!!!!!!!



***This Week's Daily Mass Schedule***

This week we will have daily Masses on Monday, Wednesday, Thursday and Friday at 8:15 am. ***Please remember advanced registration is required. For contact tracing purposes and everyone's safety, please make sure to sign up prior to coming.*** Sign-up information for Mass attendance and necessary volunteers will be sent via Flocknote and posted to our website, [www.stmnj.org](http://www.stmnj.org).

***Mass Intentions***

Although we are not yet able to offer public Masses every day, Father Tom or Father Daniel continue to say Mass daily for all Mass intentions. If you would like to request that a Mass be said for a loved one or another intention, please email Sue Marshall at [smarshall@stmnj.org](mailto:smarshall@stmnj.org)



**MASS INTENTIONS OF THE WEEK**

- March 15- Saint Louise de Marillac**  
Monsignor Edward Kurtyka
- March 16- Saint Clement Mary Hofbauer**  
People of the Parish
- March 17 - Saint Patrick**  
Mike Murphy
- March 18 - Saint Cyril of Jerusalem**  
Robert Marone
- March 19 - Saint Joseph, Husband of Mary**  
Pasquale Sapio
- March 20 - Saint Salvator of Horta**  
Maureen Brodeur  
Marge Christman  
Bob Bass
- March 21 - Fifth Sunday of Lent**  
Terry Manelski



***Mass Cards - Online Request Form***

As a reminder, to help streamline things while the parish office is closed, you can request a Mass Card online! Simply go to: <https://stmnj.org/request-a-mass-card> or click on the link on our home page. Please try to provide at least 24 hours' notice to give us time to prepare one for you. If you have trouble with the online form, you can also always send an email with the requested Mass information to [info@stmnj.org](mailto:info@stmnj.org). In your request please let us know if you'd like us to mail the card to you or directly to the recipient, or to leave it for you to pick it up.



***Prayers for the Sick***

Please join us in praying for all who are ill in our community, and in a particular way for Chris Auger, Phil Barrett, Rose DeMarco, Fred Donikowski, Barbara Kline, Anne Morrison, Lorraine Zedalis Moschini, John O'Neil, Bobby Polidore, Christopher Popp, Mary Sczyrek, Flynn Sullivan, Mary Werner and Marlene Widmer. May God bring them and their families His healing, comfort and peace. If you would like to have your name or that of a loved one included in (or removed from) the request for healing prayers in our weekly bulletin, please send an email to Sue Marshall at [smarshall@stmnj.org](mailto:smarshall@stmnj.org).



## *Welcome Home to Healing*

All Catholic Churches in Morris, Sussex and Passaic counties (including St. Thomas More) will have their doors open for Confession every Monday night through March 22 between 7 and 8:30 p.m. as part of the Welcome Home to Healing program. All are welcome to participate in this beautiful Sacrament this Lent!

### *What are We Called to do During Lent?*

In addition to whatever personal prayer, fasting and almsgiving each individual may decide to undertake after prayerful consideration, to further foster a spirit of reflection during Lent, Catholics age 14 and older are called to abstain from eating meat on Ash Wednesday, Good Friday and all Fridays during Lent. Ash Wednesday and Good Friday are also seen as days of fasting for Catholics between the ages of 18-59. This means there would be only one full, meatless meal, as well as food at other regular meal times equaling less than a full meal.

### *Some Lenten Links for the Journey*

Go Into the Desert this Lent: Offered by *Busted Halo*: “Looking for a way to “do” Lent a little differently this year? We’re inviting you into the desert: a quiet place with less of us and more of God. The desert offers solitude as well as temptation. And it means something a little different to everyone. Watch this short, meditative video that will help you wander into your own desert this Lent.” <https://youtu.be/ApVRGHoeH9w>

Best Lent Ever: This is the popular, annual program offered by Dynamic Catholic. “Feed Your Soul with Prayer this Lent! Nothing will transform your life so completely, absolutely, and forever like really learning how to pray. That’s why this year’s BEST LENT EVER journeys through Matthew Kelly’s latest book, *I Heard God Laugh: A Practical Guide to Life’s Essential Daily Habit*. Beginning on Ash Wednesday and continuing through all forty days of Lent, you will receive a daily email with a short video to help you reconnect with yourself and your God. If you choose to throw yourself into this experience, we promise you that you will be surprised by what God can do in your life with just an email, a short video and an open heart. So this year, don’t just sign up for BEST LENT EVER, have your best lent ever!” <https://www.dynamiccatholic.com/lent/best-lent-ever.html>

### *Parish Office*

Due to the pandemic, we still do not have regular parish office hours at this time but are instead open by appointment. Email is the best way to reach us, at [info@stmnj.org](mailto:info@stmnj.org). You can also leave a message at 973-267-5330 and someone will get back to you as soon as possible. Thank you.



### *Supporting St. Thomas More*

A continued “thank you” to all who have continued to support our parish during these challenging times. For those looking for a way to provide financial support, you can contribute through the following channels:

- Collections can be dropped in the basket at Sunday Mass.
- You can mail your contribution to the parish office at St. Thomas More Parish, 4 Convent Road, Morristown, New Jersey 07960
- You can quickly set up a one-time or recurring donation online by going to: <https://stthommore.weshareonline.org/>
- You can set up a contribution online through the Diocese’s site, at [helpmyparish.thankyou4caring.org](http://helpmyparish.thankyou4caring.org). Select “St. Thomas More Church – Convent Station” and make either a one-time gift or a weekly recurring donation.

Thank you so much for your generosity!!



### *2020 Contribution Statements*

2020 Contribution Statements were mailed to all those for whom the parish had an address on file. If you did not receive your statement or have any questions, please reach out to Tina at [tjurgaitis@stmnj.org](mailto:tjurgaitis@stmnj.org). Thank you!



*An invitation from OLMC School in Boonton*  
Please join us for Our Lady of Mount Carmel’s Virtual Open House on Wednesday, March 17, at 9:00am. Meet the Headmaster, hear from our pastor, teachers, and current parents, and discover the OLMC difference!

OLMC School offers a Montessori pre-primary program for 3 and 4 year olds, and a classical liberal arts curriculum for grades K-8. We seek to awaken the imagination, inspire the mind, and inflame the heart of every student!

We are conveniently located in Boonton, and parents from all over the region send their children to us to receive an authentically Catholic and academically excellent education. Register today to receive connection information at [www.olmc.academy/virtual-open-house](http://www.olmc.academy/virtual-open-house).



## GOLD ANNIVERSARY MASS FOR 2020

Did you celebrate your 50th Wedding Anniversary in 2020? If you were married in 1970, the Diocese of Paterson invites you to celebrate your 50th wedding anniversary during a special Mass to be offered at the Cathedral of St. John the Baptist in Paterson, NJ. Bishop Sweeney will serve as main celebrant on this joyful occasion to be held on:

**Sunday, April 25th, 2021 at 3:30 p.m.**

Arrangements can be made by contacting the parish office at [info@stmnj.org](mailto:info@stmnj.org). The deadline to register with the parish office is Monday, April 12, 2021. You will receive additional information from the Office of Family Life once your registration is processed. Congratulations on this joyous occasion!

*Wherever you go I will go,  
wherever you lodge I will lodge.  
Your people shall be my people  
and your God, my God.*

*- Ruth 1:16*



# OLMC SCHOOL

CLASSICAL CATHOLIC EDUCATION

FEATURING A MONTESSORI PRE-K AND CLASSICAL K-8 CLASSROOMS



*Join us!*

## Virtual Open House

Wednesday March 17<sup>th</sup> | 9:00am

Discover how OLMC's classical approach awakens imaginations, inspires minds, and inflames hearts!



Register today at [www.olmc.academy/virtual-open-house](http://www.olmc.academy/virtual-open-house)

973-334-2777 • 205 OAK STREET, BOONTON • [WWW.OLMC.ACADEMY](http://WWW.OLMC.ACADEMY)



## We need your Help!

We know how much everyone missed being able to come together to celebrate during the pandemic closures, so as we continue to do our best to offer as many public Masses as possible, we are asking for your help...

- **PLEASE, PLEASE BE SURE TO SIGN UP IN ADVANCE FOR EACH MASS, DAILY OR SUNDAY, PRIOR TO COMING.** This not only helps us manage attendance but also enables us to have the proper resources in place and to engage in contact tracing if needed. Sign up via Flocknote, by calling the office or by emailing Sue Marshall at [smarshall@stmnj.org](mailto:smarshall@stmnj.org). As a reminder, due to the limited number of spots available, we are unfortunately unable to reserve any spots on an ongoing basis, and you will need to sign up each week.

- **PLEASE CONSIDER VOLUNTEERING TO ASSIST AT MASS IF AT ALL POSSIBLE.** Each Mass requires a number of people to help— as greeters, hand sanitizers, seaters and, for daily Masses, cleaners. The same few people have been helping each week; we really would appreciate additional hands to give them a break. The more help we have, the more quickly we will be able to offer more Masses. People have asked how they can help; truly this is our greatest need for volunteers. Given all of the protocols to be followed, each Mass takes a great deal of effort to coordinate. Any additional assistance would be greatly appreciated. Please sign up on the weekly volunteer lists via Flocknote or feel free to email Sue Marshall at [smarshall@stmnj.org](mailto:smarshall@stmnj.org) to either sign up or to request more information.

*Thank you to all for your stewardship of your parish and helping to support it during these challenging times!*





**As a Reminder, Here are our Weekly Mass Procedures for the Current Time:**

As we continue our slow reopening, each week we will reassess what Masses and other events we will be able to hold based upon many factors, such as available resources, volunteers and attendance. We will post each week's schedule on our website, so please check back every Monday for an update.

**The weekly process for Mass sign-ups will be as follows:**

**Daily Masses:**

A Flocknote will be sent over the weekend (or early in the week) to all registered for St. Thomas More Flocknotes with the sign-up links for each daily Mass and also to volunteer to assist at each Mass.

**Sunday Masses:**

**Tuesday:** A Flocknote will be sent to registered parishioners by email requesting volunteers to be greeters, hand sanitizers and seaters at each Mass.

**Wednesday:** A Flocknote will be sent to registered parishioners with sign-ups for that weekend's Masses. Each Mass will be limited to 60 people. Registered parishioners will have the first opportunity to sign up until a set time on Thursday mentioned in the Flocknote. Any registered parishioner who does not have access to a computer, tablet or smartphone can call the office and request a reservation which will be granted on a first-come, first-serve basis.

**Thursday:** After the deadline, a link will be posted on our home page ([www.stmnj.org](http://www.stmnj.org)) to the sign-ups for the remaining spots for that weekend's Masses. Again, anyone who does not have access to a computer, tablet or smartphone can call the office and request a reservation which will be granted on a first-come, first-serve basis.

**Friday Afternoon, 4 pm:** Sign-ups will be closed so we can plan for the Masses.

**Saturday/Sunday:** People who have not signed up may stop by but will only be admitted if there are spots remaining for that Mass. As a reminder, to be admitted, everyone must bring a mask/face covering and wear it for the entire Mass.

If you have any questions, please email Sue Marshall at [smarshall@stmnj.org](mailto:smarshall@stmnj.org).

*Thank you for your continued patience as we work through this new process!*

# UPDATED LIMITED PUBLIC MASS RE-OPENING PROCEDURES

*[These procedures are subject to revision upon receipt of any additional guidance from Bishop, the Governor and/or any other governing entity, as well as any ways we find to improve the process as we go along.]*

**Welcome back! We are excited to be able to welcome those of you who will be able to join us. As we reopen our church in phases, we wanted to explain the procedures we are putting in place that will help keep you and those around you safe during Mass. Please be patient with each other and us as we learn these new procedures. Good humor, understanding and patience are very much appreciated and will add to our joy as we welcome each other back. Please remember this is a new world for all of us and we are doing our very best.**

## **Remember:**

*Please follow CDC recommendations regarding your own health. If you are at higher risk for severe illness according to the CDC (<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>) we strongly encourage you to stay home and join us for Mass online. We will continue to post Sunday Mass on our website ([www.stmnj.org](http://www.stmnj.org)) and our YouTube Channel. We are encouraging you to stay home because we care about you! **If you are sick or symptomatic, taking care of someone who is ill, or living with a sick or symptomatic person you must stay home. Additionally, if for any reason you are unable or unwilling to abide by each of these procedures, we must also ask you to remain home. Each person who enters our doors is relying on compliance with these guidelines to make us all as safe and comfortable as possible. Please respect the health of those around you as well as your own by following these procedures.***

*As a reminder, Bishop Sweeney has continued to dispense the obligation to attend Mass on Sundays and Holy Days of Obligation. The purpose is to enable anyone who chooses not to or is unable to attend Mass because of COVID-19 or other concerns to be serenely free. We are continuing to consider options for distribution of Communion for those who are at greater risk or will not be able to come to Mass. Please pay attention to the website and Flocknotes for further information.*

## **MASS SIGN-UPS:**

We will celebrate public Masses at a capacity of **no more than 60 people** at each Mass. We will begin with Sunday Masses only. The number of Masses each weekend will vary, starting at first with only one as we attempt a “soft reopen” to work through the system. **Initially, only those who have registered or contributed as parishioners and have provided an email address will receive a Flocknote with the link for sign-ups. Each individual will need to be signed up separately, even if part of the same family, so we can accurately gauge capacity. Please take care to avoid duplicate signups so we can allow as many people to come as possible. Please also take note of the signup cutoff time that will be referenced in the email. After that deadline we will open any remaining spots to non-registered parishioners. Also, if you reserve a spot but later cannot come, please cancel your reservation to allow someone else the opportunity to attend.**

Any online sign-up will be confirmed immediately. Any registered parishioner without access to a computer may leave a message on the parish voicemail at 973-267-5330 requesting to sign up for a specific Mass. Voicemail requests will be granted on first come, first serve basis, subject to availability. Those who have left a voicemail will receive a call letting you know if your requested Mass was available. To avoid any unnecessary trips, if you request a reservation by phone, please do not come to Mass unless you receive a call confirming your reservation.

Once we get a better feel for the demand for Mass, if we find additional spaces are available, we will also post the sign-up on our website. **While we hope to be able to accommodate everyone who wishes to attend, if we find any Mass is reaching capacity, we may institute a weekly rotation system to confirm that everyone has equal opportunity to attend Sunday Mass.**



## WHEN ATTENDING MASS:

### Before you arrive at church:

Before you arrive for Mass, please wash your hands for 20 seconds with soap and water. Please use the restroom before coming to church. Our restrooms will be available only in case of emergency and will be cleaned before and after each Mass. If you do need to use the restroom, please allow for only one occupant at a time (with the exception, of course, for an infant, young child or anyone else needing assistance).

### Arrival at church:

Please remember to bring and wear a face mask that completely covers your mouth and nose. Unfortunately, Greeters are required to turn away anyone who does not have a face mask for the safety of all.

Please note only the front, main entrance to the church will be open. All other doors will remain locked. This door will be open 20 minutes prior to the start of Mass to ensure time to sanitize and clean the church. This also allows time to have our volunteers ready to serve you. Please remain in your vehicle until the front door has been unlocked and opened. **As you approach the church please keep a six-foot distance from anyone outside of your household.**

Please bring your own hand sanitizer to use during Mass. Greeters will check you in on the reservation list and dispense sanitizer on your hands at the entrance of the church as you enter.

In the church, every third pew will be available for seating. *Please note this important change: For now, each family will be seated by a Seater who will be responsible for filling the Church starting from the front and finishing in back. Please understand this means you will not be able to choose a preferred or "regular" seat.* Once seated, please do not leave your pew for the entirety of Mass absent an emergency. For the safety and comfort of all, we must require that no one gather in the vestibule, Sacristy or anywhere else inside the church other than in your assigned seat. Please note unfortunately the priest will not be able to meet with anyone before or after Mass. If you would like to set up a time to speak with Father Tom or another priest, please call or email to schedule a separate appointment.

If the seating in the church reaches our 60-person capacity, the Greeters will not be permitted to allow anyone else into the church. If this happens, you may return for a later Mass (when available) or watch online. Our registration for Mass should help to eliminate this problem. Greeters will be checking people in and asking those who have not registered to wait in their cars to see if a seat is available.

### During Mass:

All are required to wear a face mask, fully covering their nose and mouth, for the duration of Mass. A collection will not be taken during the offertory, but a collection basket will be placed close to the entrance for your convenience. If you have not already, we strongly encourage you to set up your donations through online giving. Online giving is dependable, safe and of course much lower risk for possible transmission of COVID-19. You can sign up for online giving here: <https://stthommore.weshareonline.org/>.

We have been informed that singing expels significantly more droplets into the air and therefore increases the risk of spreading COVID-19. In response, the Diocese has determined that it is best to discourage congregational singing. Additionally, per Diocesan directives, Altar Servers will not assist at the Altar until a later date when the risk of contagion is further ameliorated. There will also be no Lectors or Eucharistic Ministers until further notice.

There should be no physical contact between different households before, during or after Mass. There will be no sign of peace, and we ask that you do not hold hands with anyone outside of your household during the Our Father. During the Communion Rite of the Mass, only the celebrant will receive Communion. *However, Holy Communion will be distributed immediately following the final blessing, as described below.*

### **Reception of Holy Communion:**

Please note the distribution of the Precious Blood remains discontinued for the foreseeable future. The Body, Blood, Soul and Divinity of Christ is received under either species. If you would like to receive Holy Communion, after the final blessing and dismissal please remain in your seat and kneel or be seated. The celebrant will announce if he will come to each pew or direct you somewhere else, depending upon the number of people present. *Please do not approach for Holy Communion until you are directed to do so.*

**Reception of Holy Communion will take place in this way:** A volunteer will dispense sanitizer on your hands before you approach the priest. He will hold up the Host and say through his face mask, "The Body of Christ." Please reply "Amen," and then remove your face mask. Extend your hands at a distance with one hand flat and the other underneath it. Please do not wear gloves as they are unbecoming of the Blessed Sacrament. Receive Communion. Then please depart immediately.

If the priest has touched the hand of a communicant, he will re-sanitize his hands before distributing to the next communicant.

The Diocese has indicated that Communion should be received on the hand during this time. If that is not possible for you, please indicate this to your Seater before Mass so alternate arrangements may be made. Likewise, please notify your Seater before Mass if you require a Low Gluten Host so those arrangements can be made as well.

### **Departure:**

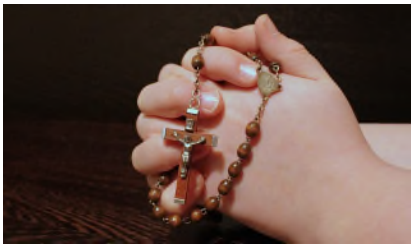
Please do not linger in or outside the church or in the parking lot. We know everyone is excited to be back and see each other, but we need to continue our social distancing efforts as we slowly re-open. There will be no hard copy bulletins at this time or collection envelopes in the vestibule. Bulletins will continue to be available online.

Let us continue to pray for one another in preparation for the day when COVID-19 is far less of a threat and all of us can be reunited (physically) in prayer and worship.

We are greatly looking forward to seeing you again!

**Praised be Jesus Christ now and forever!**





## *Ways to Stay Spiritually Connected When not Attending Mass in Person*

1. **View Mass Online or on Television:** Check out our parish website to view Mass each Sunday celebrated by Father Tom. You can also view daily and weekend Masses at [www.catholicstv.org](http://www.catholicstv.org) or on television on EWTN.

2. **Make an Act of Spiritual Communion:** This beautiful practice has been part of the lives of countless saints who found it drew them closer to God on a daily basis. Below is a traditional prayer of spiritual communion which can be prayed while watching Mass online or on television, in the midst of your daily work, or at any time during the day, lifting up your thoughts to God.

*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.*

3. **Pray the Rosary:** Appealing to our beloved, Blessed Mother and uniting with other Catholics throughout the world by praying the Rosary is a profound way to find peace and strength during these difficult times. A number of resources are available to assist in praying the Rosary at home, in the car, or wherever your social distancing might take you.

**Apps:** (Free, available in the Apple and Google Play stores)

**Laudate App-** Combines a large number of Catholic resources such as Daily Mass, prayers (including the Rosary), the Bible, Stations of the Cross, the Catechism and much more.

**Mary App-** Created by the Marian Fathers of the Immaculate Conception, this app is a helpful resource on our Blessed Mother and includes, among many other things, an interactive Rosary with an audio option.

**Family Rosary's Mobile Rosary-** Offers the traditional Rosary with the text of each prayer. You can pray in silence or with the companion voice of Venerable Patrick Peyton.

**iRosary-** Displays a fully-animated set of Rosary beads which displays each prayer as you move each bead with your finger, like a standard Rosary.

**YouTube:** There are many videos of people praying the Rosary that you can join. One popular example is that of the Dominican Sisters of Mary Mother of the Eucharist, which can be found through a YouTube search or at: [https://www.youtube.com/channel/UCijy\\_J5ozpFLoxo4vZ4RRYA](https://www.youtube.com/channel/UCijy_J5ozpFLoxo4vZ4RRYA).

**Online:** The Rosary Center & Confraternity website offers a number of resources and options for praying the Rosary, including, "Praying the Rosary Without Distractions," "Scripturally Based Rosary," and "In Stained Glass." You can find a description of the Rosary and prayer links here: <https://www.Rosarycenter.org/homepage-2/Rosary/how-to-pray-the-Rosary/>

4. **Participate in Virtual Stations of the Cross:** Various examples can be found online, but here is one: <https://bustedhalo.com/video/virtual-stations-of-the-cross>.

5. **Even Washing your Hands Can Lead to Prayer:** Instead of singing *Happy Birthday*, try reciting the *Hail Mary* two times as you scrub. It's a great way to keep us centered while we're keeping safe.



### **Prayer of Pope Francis for Protection and Help**

O Mary,

you always shine on our path  
as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick, who at the cross  
took part in Jesus' pain, keeping your faith firm.

You...know what we need,  
and we are sure you will provide  
so that, as in Cana of Galilee,  
we may return to joy and to feasting  
after this time of trial.

Help us, Mother of Divine Love,  
to conform to the will of the Father  
and to do as we are told by Jesus,

Who has taken upon Himself our sufferings and carried our  
sorrows to lead us, through the cross, to the joy of the  
resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do  
not disdain the entreaties of those of us who are in trial, but deliver  
us from every danger, O glorious and blessed Virgin.