

The Bishops have made clear that in these emergency circumstances, and for as long as they last, **the obligation to attend Mass on Sundays and Holy Days is removed**. This pandemic is the “serious reason” why this obligation does not apply at this time (see *Catechism of the Catholic Church*, no. 2181).

Cardinal Vincent Nichols, has written:

At this moment we stand before God. That is never to be forgotten. Together we turn to God in prayer, at this moment as never before.

Our faith in God, Father, Son and Holy Spirit, is the bedrock on which we live. Prayer is the first and loving expression of this relationship. Prayer is an acknowledgement that we are not in ultimate control of our lives or of our world. That is so clear at this time. Prayer is the recognition that our lives, individually and communally, are marked by failure and sin. Prayer is an expression of our turning to God for that grace which alone can heal us, strengthen us and give us the resolve and generosity to do all that is rightly expected of us today. Please make this a time of prayer, personally, in the family and wherever you happen to be.

The highest form of prayer is the celebration of the Holy Mass. This is at the heart of the rhythm of the life of the Church, the rhythm of prayer which sustains us all. The present crisis will not disturb that rhythm. Mass will continue to be celebrated, day by day. The prayer of the Church will continue day by day.

In Spiritual Communion, we express our fervent desire to receive our Lord in the Blessed Sacrament and to be united with Him. The Church teaches that if you are in a State of Grace and make a Spiritual Communion, you will receive the fruits of the Sacrament.

Prayers for Spiritual Communion

Soul of Christ, be my sanctification;
Body of Christ, be my salvation;
Blood of Christ, fill all my veins;
Water of Christ's side, wash out my stains;
Passion of Christ, my comfort be;
O good Jesus, listen to me;
In Thy wounds I fain would hide;
Ne'er to be parted from Thy side;
Guard me, should the foe assail me;
Call me when my life shall fail me;
Bid me come to Thee above,
With Thy saints to sing Thy love,
World without end.
Amen.

(*Anima Christi*, attributed to Pope John XXII
and translated by St John Henry Newman)

I wish, Lord, to receive you with the purity,
humility and devotion with which your most
holy Mother received you,
with the spirit and fervour of the saints.

<https://www.stpsu.edu/the-grace-of-spiritual-communion?fbclid=IwAR3CrNgYKvYlKiBjD4p8nFHNtSDG3D-BVIR6BzNBiRZ3tQRu3K6oP16QU8Q>

You may find the following links also helpful:

The excellent resource [Magnificat](https://us.magnificat.net/free) is freely accessible during this time of crisis:

<https://us.magnificat.net/free>

https://www.youtube.com/watch?v=8_VJhBBqE5Y&feature=youtu.be



[Bishop Barron on the Coronavirus Quarantine - YouTube](#)

Blaise Pascal said, “All of humanity’s problems stem from man’s inability to sit quietly in a room alone.” This Pascalian “mot” has come to my mind a good deal in recent days as our ...
www.youtube.com

For an excellent resource on Spiritual Communion in self-isolation or quarantine:

<http://saintjohnofjerusalem.blogspot.com/2020/03/holy-communion-in-self-isolation>

See also the new website [Lent in Isolation](https://www.lentinisolation.com/):

<https://www.lentinisolation.com/>