

MAR 21-22, 2020



OUR LADY, QUEEN OF THE YOUGH CATHOLIC COMMUNITY

Pennsylvania Charitable Trusts

*Our vision is to lead all whose lives we touch
into a living relationship with the person of
Jesus Christ through Word and Sacrament,
Service and Fellowship.*

www.youghcatholic.org

FEAR NOT,
FOR I AM WITH YOU;
BE NOT DISMAYED,
FOR I AM YOUR GOD;
I WILL STRENGTHEN YOU,
I WILL HELP YOU,
I WILL UPHOLD YOU
WITH MY RIGHTEOUS
RIGHT HAND.
- ISAIAH 41:10

To our visitors ... If you are just passing through, we are glad you chose to worship with us. If you are seeking a new church home, please know there is always room in our pews and a place in our hearts for you.

DEVIVO CENTRE

116 South 2nd Street
Connellsville, PA 15425

724.628.6840 (f) 724.628.0838

MON-THU 8:30am-noon / 1-4pm
FRI 8:30am-1pm

BRADY CENTRE

459 Ranch Road
Dunbar, PA 15431

724.277.4236 (f) 724.277.8954

MON, TUE, THU, FRI 9am-3pm



Confession

is currently by appointment.
Please call the DeVivo Centre
at 628-6840.

**We work with the Holy Trinity
Conference of St. Vincent DePaul**
to help our neighbors in need.
Their number is 724.562.3341.

We are grateful for the advertisers
who cover the cost of printing
our bulletins.

Please frequent their businesses
in support of them.

This week's featured advertiser
is BROOKS FUNERAL HOMES, INC.

Our Faith Community consists of the Parish Families
of Immaculate Conception, Connellsville
(1869), Saint Aloysius Gonzaga, Dunbar
(1874), Saint John the Evangelist,
Connellsville (1895), and Saint Rita of
Cascia, Connellsville (1915).



We also embrace the former Parish Families of Saint Vincent de Paul,
Leisenring (1888-2008), Sacred Heart, Dawson (1889-2007) Our Lady
of Mount Carmel, Connellsville (1901-1913), Saint Emory, Connellsville
(1903-1970), Holy Trinity, Connellsville (1903-2008), Saint Polycarp,
West Leisenring (1917-1997).

OUR STAFF - WHO WE ARE AND WHAT WE DO

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DAVID PANZELLA

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SAT-SUN, MAR 14-15, 2020

STEWARDSHIP OF TREASURE

IMMACULATE CONCEPTION

Adult.....	\$3,787.00
Loose.....	272.00
Maintenance.....	25.00
Total	\$4,084.00
Cemetery	\$409.00
Easter Flowers	\$85.00
Lenten Self Denial	\$265.00
Good Friday	\$5.00



ST. ALOYSIUS

Adult.....	\$2,723.00
Loose.....	163.00
Children/Young Adults	11.00
Parish Improvements.....	30.00
Total	\$2,927.00

Catholic Family Religious Ed.....\$25.00



ST. JOHN

Adult.....	\$1,789.00
Loose Collection	49.00
Total	\$1,838.00

Cemetery	\$176.00
Lenten Self Denial	\$30.00



ST. RITA

Adult.....	\$2,369.00
Loose Collection	437.00
Maintenance.....	100.00
Total	\$2,906.00

Cemetery	\$318.00
Easter Flowers	\$20.00
Lenten Self Denial	\$79.00
Holy Thursday	\$10.00
Good Friday	\$10.00
Easter	\$20.00
Home Missions	\$10.00

In your current collection packet
there is an envelope
for Easter flowers.

A Mass will be offered on Easter
SUN for the intention of those
who donated for these flowers.

Please pray for the repose of the soul
of MARY ANN DILL, who died recently.
May her soul and the souls of the faith-
ful departed, through the mercy of God,
rest in eternal peace.



MAR 22, 2020

I Samuel 16:1b,
6-7, 10-13a

ANointed WITH THE SPIRIT

Once in a while, God gives us a sign of hope. The clouds of winter yield to the sun of spring. A new friendship develops. An infant brings new joy to a family. Although the season of Lent has urged us to think about sin, it does so against a background of hope. We do not hear the story of sin without hearing also the story of salvation.

When Samuel visited Jesse to anoint a king from among his sons, Israel received a sign of hope. God chose not the eldest son of lofty stature but the youngest son who was busy tending sheep. Samuel anointed him with a horn

of oil and God's Spirit rushed up on the young man. We learn his name only at the end of today's reading: David.

David, overlooked by those who should have seen with God's eyes, became a symbol of Jesus. The legendary kingship of David foreshadowed the blessed kingship of Jesus. Jesus is the one we call "Christ," a title that means "anointed."

On your journey through Lent, you have entered a period of renewal. Are you beginning to see God at work within you this season? Can you see the Spirit of God in others where you have not noticed it before?

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DLA: "FEED THE SPIRIT".

Feed the spirit of people outside the walls of your parish. Your donations, alongside parish fundraisers like Lenten dinners, support evangelization efforts. Help raise awareness of the education,

spiritual formation and liturgical functions of the parish that are supported by the Diocesan Lenten Appeal. "Grow in the Lord" and donate today to the 2020 Diocesan Lenten Appeal. You may do so online at DioceseofGreensburg.org/GROW.

IC	SA	SJ	SR
<u>DLA Goal</u>	<u>DLA Goal</u>	<u>DLA Goal</u>	<u>DLA Goal</u>
\$38,133	\$26,715	\$18,319	\$34,301
<u>Pledged</u>	<u>Pledged</u>	<u>Pledged</u>	<u>Pledged</u>
\$16,460 (43%)	\$9,445 (35%)	\$7,325 (40%)	\$15,485 (45%)
87 gifts	39 gifts	29 gifts	95 gifts

Please remember, dear parishioners of Immaculate Conception, St. John, St. Rita and St. Aloysius, return your pledge card to your parish office. Please mark the name of your parish on the outside of your envelope. This helps us in the offices. Alternatively, you can make your pledge online at donatediocesefgreensburg.org.

FR Paul



MASS INTENTIONS



**THE MASS INTENTIONS LISTED BELOW WILL BE CELEBRATED
AT A MASS ON THAT DAY BY ONE OF OUR PRIESTS, IN PRIVATE.
PLEASE KNOW THAT YOUR INTENTION IS BEING FULFILLED.**

SAT, MAR 21 VIGIL

- SR Pro Populo
- SA George Trimbath (Wife, Carol)
- IC Brittany Daniels (Grandparents, Patty & Tom)

SUN, MAR 22 4TH SUNDAY OF LENT

- SR Marie "Carmie" Rozell (Greg & Lisa Skowronek)
- SA Sylvester & Melvina Rendine (Terry, Kristin & Christopher)
- IC Theresa Shal (Kathryn Gaylord)
- SJ Cecilia Neighbors (John & JoAnn Peschko)

MON, MAR 23 ST. TURIBIUS OF MOGROVEJO, BISHOP

- SR Rita Molinaro (Louisa Clawson)
- SA Patty Check (The Misconin Family)

TUE, MAR 24 ST. OSCAR ROMERO, BISHOP/MARTYR

- SJ Bridget & Shannon Lewis (Mary Kurtz)
- SA Robert Fudella (Jim & Louann Mongell)

WED, MAR 25 ANNUNCIATION OF THE LORD

- SR Anthony Cataldi (Don & Fran Martray)
- SR Anna, Charles & Paul Palladino (Charles Palladino & Family)

THU, MAR 26 LENTEN WEEKDAY

- IC Michael, Margaret, Eugene & Alma Bybel (P.A. Tannehill & Family)
- SA John "Jay" Orazi (Regina Hughes)

FRI, MAR 27 LENTEN WEEKDAY

- SR Mary Ann Dill (Family)
- SA Catherine Lizza (Don & Mary Jane D'Amico)

SAT, MAR 28 VIGIL

- SR Donald Smith (Family)
- SA Pro Populo
- IC Anthony, Sr. & Elizabeth Bartholomai, George (Bill) Bartholomai, Anthony, Jr. & Marcia Bartholomai, Tom Zitney & Sandy Brooks (Family)

SUN, MAR 29 5TH SUNDAY OF LENT

- SR John Rulli & Joyce Rulli Bartley (The Rulli Family)
- SA Robert Stoken (Susan & Dave Ballard)
- IC Sylvester & Melvina Rendine (Stanton & Paula Fogie)
- SJ James & Bridget Andursky (Stephen, Angela & Olivia Andursky)

With joy and thanksgiving to God, the Diocese of Greensburg announces that Bishop Edward C. Malesic has called MR. MICHAEL DARGAY, MR. CRAIG GILBERT, MR. STEVEN LOCASCIO, MR. ROBERT STAUFFER, and MR. WILLIAM WILSON to the responsibility of the Permanent Diaconate. The diaconal ordination will be celebrated on SAT, JUN 20 at 10am in Blessed Sacrament Cathedral, Greensburg.

Please keep these men in your prayers as they complete their final months of formation. In addition, please continue to pray for all men discerning God's call to ordained ministry either as permanent deacons or priests.



A huge thank you to all of you for all your beautiful notes and cards, your text messages and phone calls, and your beautiful promises of prayers for me during my time of injury and confinement.

The jury is still out on the best course of treatment but just knowing that so many wonderful and faith filled people are supporting me has done so much to lift my spirits and strengthen my faith.

Above all it has given me an even greater appreciation for this beautiful faith community that I am blessed to serve and that I pray, if it be God's will, to which I can return to very soon.

I love and miss you all and I pray for you all every day. Have a holy Lent and I look forward to seeing you all again soon.

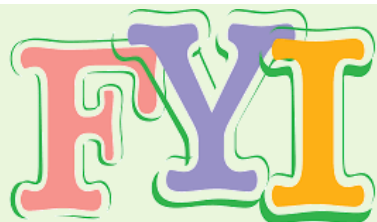
Peace,
Molli Vassar

You may still buy St. John's frozen pirohi, by calling Stephanie/Toni at 628-8878.



Please remember these people on our prayer list:

Barb Check, Mason Collins, Joe Connell, Jim Garstecki, Doug Pirl, Karla and Kevin Tressler, John Emanuel, Joanne Fox, Robert Ruck, Eugene Onusko, Patrick and Joan Frazier, Esther Ziska, Paul B, Mario Scotto-DiMarco and Joe Maiese.



AS CONCERNS SURROUNDING THE SPREAD OF THE CORONAVIRUS CONTINUE TO GROW, BISHOP EDWARD C. MALESIC, AFTER CONSULTING WITH THE PRESBYTERIAL COUNCIL AND SENIOR STAFF, DECIDED TO TEMPORARILY SUSPEND ALL WEEK-

• FOR YOUR INFORMATION • DAY AND WEEKEND PUBLIC MASSES IN THE DIOCESE OF GREENSBURG, EFFECTIVE WED, MAR 18, 2020.

Churches should, however, remain open for private prayer a few hours each day as local circumstances permit. In our parishes, St. Rita Church will be open for private prayers from 11am-1pm daily ... that is 7 days a week

Bishop Malesic urges the faithful to remember in their prayers all those whose lives have been impacted by the coronavirus outbreak. "This is a seriously contagious illness. We have trust that God will see us through but we must do our part to not overwhelm our hospital systems. We have a responsibility to our neighbors. These actions help us to be proactive in the spread of the disease," the Bishop said.

Bishop Malesic is asking that priests continue to offer Mass daily in private for all published parish Mass intentions, as well as offer additional prayers at these Masses for the protection of our flock during this time of crisis. Priests will continue to respond to all pastoral emergencies and provide Anointing of the Sick and Viaticum for the critically ill and dying.

- ♦ All other gatherings including Faith Formation (e.g. RCIA) are now suspended, but should continue electronically if possible.
- ♦ Fish fries, bake sales and the public celebration of Stations of the Cross, Caplet of Divine Mercy, Morning/Evening Prayer and Rosary are all suspended.
- ♦ All public Penance services are suspended.
- ♦ Those who require the sacrament of reconciliation should contact their parish for an appointment.

Our parish bulletins will be available for distribution beginning on SAT mornings at each of our 4 churches. They will be in plastic containers at the front door of St. Al and St. Rita, and at the side door of IC and St. John. Please help yourself to a bulletin, and feel free to take bulletins to others if so desired. Please make sure the lid is replaced on the container securely in order to keep them in place for the whole week. New bulletins will be available every SAT morning for the upcoming week. This practice will continue until daily Mass resumes.

Please know that the offices at St. Rita and St. Aloysius will remain open for their regularly scheduled hours. I would ask that you handle as much parish business over the phone as you can. You are welcome at the office though for any important parish business or information.

Fr. Paul

THERE ARE EARLY DEADLINES FOR PALM SUN AND EASTER BULLETINS.



Info for the APR 4-5 bulletin is due by TUE, MAR 24.

Info for the APR 11-12 bulletin is due by TUE, MAR 31.

COLLECTIONS AND PLEDGES. I continually thank you for your generosity and faithfulness to your parishes. As we go through this time of trial and adjustment to our daily routines, even as it affects our daily practice of our faith, I ask you to continue to support your parish with your gifts of time, talent and treasure. Continue to talk to God (which is prayer), as we strive to adapt ourselves to our ever-changing world. Please be sure to also listen to God as He responds to our needs. Continue to use your talents to further God's kingdom here on earth by sharing yourself with those who are truly struggling through this crisis. Some of our fellow parishioners may be experiencing loneliness during isolation. Reach out to engage them over the phone and inquire if they need any assistance and if you could render it to them. I would also remind you that we are in the midst of our DLA drive. Many parishioners have made a pledge to their own parish and I am truly grateful. You may continue to make your gifts either by mail or by dropping them off at the parish offices. You may also submit your weekly contribution (SUN collection envelope) in the same manner. Your parish is totally dependent on your generosity and in these situations we must still continue to meet our bills and financial obligations. Please continue your financial support at this time for St. Aloysius, St. John, St. Rita and Immaculate Conception parishes. You are in our prayers and may each of us respond to God's call and Jesus' example at this time.

Fr. Paul

SCRIPTURE READINGS FOR THIS WEEK:

MON: Is 65:17-21; Ps 30:2, 4-6, 11-13b; Jn 4:43-54
 TUE: Ez 47:1-9, 12; Ps 46:2-3, 5-6, 8-9; Jn 5:1-16
 WED: Is 7:10-14, 8:10; Ps 40:7-11; Heb 10:4-10; Lk 1:26-38
 THU: Ex 32:7-14; Ps 106:19-23; Jn 5:31-47
 FRI: Wis 2:1a, 12-22; Ps 34:17-21, 23; Jn 7:1-2, 10, 25-30
 SAT: Jer 11:18-20; Ps 7:2-3, 9bc-12; Jn 7:40-53
 SUN: Ez 37:12-14; Ps 130:1-8; Rom 8:8-11; Jn 11:1-45 [3-7, 17, 20-27, 33b-45]

"INNER STRENGTH - CENTEREDNESS". You have a divine spark within you. It will not show up in a photo or even in an x-ray. No amount of physical probing will reveal a soul that is tangible. But the real "YOU" is something special, whatever your race or nationality or even your chosen religion. You, yourself, are unique and valuable, not necessarily better or worse than someone else, but important and significant as part of the world's life.

It is important to build upon that inner quality we have. How much, and in what ways, can we make our fullest contribution to life? Being a person of value is both a joy and a responsibility. Our Creator God needs creative souls to make our world become what God wants it to be. Whatever your talents or position in life, you are part of God's plan and you and God make a great team.

Finding strength of soul and effectiveness in living requires a certain "centeredness". Who are you, really? What are you in your inmost self? Where does the divine spark reside in your being? Perhaps, you have been so busy fulfilling your various roles that you have not given this much thought. Could the Lenten Season be a time for rediscovering your inmost soul? If you can do this, some problems of life that weaken or hinder you may lose their power over you.

God's indwelling spirit can free us to rest and redirect our energies. We learn not necessarily to work harder but to work more effectively. The Sacrament of Holy Communion can reflect a daily, Holy Communion with God through thought and prayer. God is the wine, the blood of life that enlivens us. God is the bread, the substance of life that nourishes us.

God's spark of life within us can become a spiritual fire that warms and empowers us to fulfill our role in God's creation.

Catholic Daughters of the Americas Court Annunciata #260 has adopted a project that supports recovering victims of human trafficking.

Known as *Free The Girls*, the project collects new and gently used bras, which enables the women

to set up a second hand mart where the sale of the bras generates income for the women to support their children without having to traffic themselves. Bras may be given to any CDA member or dropped off at the parish offices.

IC is hosting a trip on **SAT, AUG 29** to see **QUEEN ESTHER** at the **Sight & Sound Theatres in Lancaster.**



Cost of \$150 includes bus, show and dinner. There are only 48 tickets, so get yours ASAP. Call Guy or Patty at 880-4919 to make a reservation, or with any questions. A \$25 deposit per ticket, payable to IC, reserves your spot. Envelopes should be marked "Lancaster Trip" and may be put in the collection basket or dropped off at the DeVivo Centre. *Balance of payment is due by MON, JUN 1.*



THE WELL men's conference has been postponed to SAT, MAY 9.

If you already registered for THE WELL online through EventBrite and can attend the conference on May 9, you don't need to do anything. If you are unable to attend on that day, please email THEWELL@dioceseofgreensburg.org or call 724-552-1812.



For more info, please call Ginny at 628-3324.

General info on the *Free the Girls* project is also available under that name on the internet.



CONNELLSVILLE AREA COMMUNITY MINISTRIES WILL BE DELIVERING MEALS TO ANY CONNELLSVILLE AREA SCHOOL DISTRICT STUDENT IN NEED IF THEY DO NOT HAVE TRANSPORTATION. They must call 626-1120 to make arrangements.

SENIOR CITIZENS WHO NEED A MEAL (WHO ARE NOT ON MEALS ON WHEELS) MUST CALL THE SENIOR CENTER AT 626-1515, x2. They must call 24 hours ahead of time to reserve their meal. These meals are pickup only. If they are unable to pickup, they may call Community Ministries to have the meal delivered to them.

VOLUNTEERS ARE NEEDED TO PICK UP AND DELIVER THESE MEALS. PLEASE CALL MARY AT THE DeVIVO CENTRE AT 628-6840.

IN ADDITION, COMMUNITY MINISTRIES WILL BE HAVING A MOBILE FOOD BANK AT THE COMMUNITY CENTER (201 EAST FAIRVIEW AVENUE). ANYONE IN NEED CAN PICKUP ITEMS BETWEEN 10AM-1PM.

ANYONE MAY ALSO DONATE THESE SPECIFIC ITEMS FROM 10AM-1PM. PLEASE BE AS GENEROUS IN YOUR DONATIONS AS POSSIBLE.

This list is fluid and may change in the days ahead.

- ♦ diapers, baby food, formula, wipes
- ♦ deodorant, toothpaste/brush, soap
- ♦ granola bars, oatmeal (ready-made breakfast)
- ♦ peanut butter and jelly
- ♦ juice boxes or bottles of juice
- ♦ canned soup, ravioli, ready-made meals (heat/serve pasta and sauce)

PLEASE TAKE THESE ITEMS TO THE COMMUNITY CENTER ... NOT TO THE PARISH OFFICE.

AGAIN, IF SOMEONE IS UNABLE TO PICKUP, THEY MAY CALL COMMUNITY MINISTRIES IF THEY HAVE A SPECIFIC NEED AND WE WILL DO OUR BEST TO DROP THOSE ITEMS DIRECTLY OFF TO THEM.

In this time when access to regular religious activities is limited, you may find the following Catholic resources helpful to your spiritual life.

- ♦ TV station EWTN (Channel 159 for Armstrong customers or ewtn.com)
- ♦ Radio station WAOB (106.7 FM or waob.org)
- ♦ Our parish Facebook page (www.facebook.com/YoughCatholicCommunity)



THIS WED, MAR 25, WE CELEBRATE THE SOLEMNITY OF THE ANNUNCIATION OF THE LORD.

According to the first chapter of Luke's Gospel, the angel Gabriel came to tell Mary about God's plan of salvation.

The angel announced that Mary was chosen to be the mother of Jesus, the Son of God. Mary freely answered, "Here I am, the servant of the Lord." Despite her puzzlement over the angel's mysterious words, she trusted in God's goodness.

At Easter we take joy in the willingness of Jesus to be our Savior by his death and burial and rising. Today God begins the work by becoming flesh in Mary's womb. This mystery is expressed in the Angelus prayer, which some people recite at the beginning, middle and end of each day. Here are its final words:

LORD, FILL OUR HEARTS WITH YOUR GRACE; ONCE, THROUGH THE MESSAGE OF AN ANGEL, YOU REVEALED TO US THE INCARNATION OF YOUR SON; NOW, THROUGH HIS SUFFERING AND DEATH, LEAD US TO THE GLORY OF HIS RESURRECTION.

Artists often show Mary in a garden when Gabriel appeared to her. They want to remind us of the garden of Eden, where Adam and Eve said "no" to God. Here, today, in a new garden, Mary said "yes."

In ancient times, scholars worked out all feasts of the year mathematically. They decided that March 25 is a remarkable day. They calculated that this is the day Jesus died on the cross. Perhaps too, the Jews' exodus from Egypt and even the creation of the world began on this day. And if all those things occurred on this wonderful day, then surely this must be the best day to begin each new year.

For several hundred years, beginning in the 12th century, March 25 was the official New Year's Day in many Christian countries. This matches the practice of several other cultures and countries, such as Iran, which still begin the year at the vernal equinox.

The Annunciation of the Lord is celebrated with symbols of the Holy Spirit, such as wind and fire. Christians in Greece fly kites. Jamaicans have sailboat races. Scandinavian and French people make yeast-raised waffles and serve them with whipped cream. It is a day to search for signs of the newly arrived spring-time.



Last weekend our Mass attendance was significantly lower than usual – and rightly so. Most people are taking very

seriously the precautions of avoiding public gatherings to prevent the spread of COVID-19. As a result, the Diocese of Greensburg dispensed the faithful from obligatory Mass attendance. In fact, by the time you are reading this, all public Masses in our diocese may have been cancelled, following suit with other dioceses around the world.

In the Vatican II document *Sacro-sanctum Concilium*, we read the following: *From the liturgy, therefore, and especially from the Eucharist, as from a font, grace is poured forth upon us; and the sanctification of men in Christ and the glorification of God, to which all other activities of the Church are directed as toward their end, is achieved in the most efficacious possible way.* (SC 10)

So if we truly believe that the liturgy is profoundly important for the Church and if we truly believe that the Eucharist is “the source and summit of the Christian life” (SC 47), how are we to lead our Christian lives without it? What are we to do when we are called to stay away from Mass?

A brief history lesson can be instructive. There have been times and places in history where a Catholic community has survived without priests. When Catholic missionaries first arrived in Japan in 1549, they were welcomed and their faith spread. But by 1639 they were either martyred or forced to leave or renounce their faith publicly. Over 200 years later,

Fr. Bernard-Thadee Petitjean arrived in Nagasaki, Japan to minister to foreigners and found a thriving underground Christian community – the *Kakure Kirishitan*, or “hidden Christians”. Without the priesthood and without access to any sacraments other than baptism, the community survived and preserved and passed down the faith for generations.

Additionally, for much of the Church’s history, frequent communion was uncommon – from about the 9th century until the early 20th century.

So although at times or in certain situations we may be unable to receive the Eucharist sacramentally, we can always receive the Eucharist spiritually.

Although theologians often spoke of the importance of frequent communion and the magisterium permitted receiving often, the popular spirituality of the faithful was that communion was so sacred that receiving it unworthily could lead to condemnation. Additionally, “ocular communion”, or simply gazing upon the body and blood of Christ, was understood to be a real sort of communion (which led to the practice of elevating the host during the consecration and the practice of Eucharistic adoration).

The people in the Middle Ages and the *Kakure Kirishitan* were sustained by something called “spiritual communion”. St. Thomas Aquinas explained that there are two ways to receive Christ – sacramentally and spiritually. Sacramental communion is the physical receiving of the Eucharist in the form of bread and/or wine. Spiritual communion is the proper disposition of a person who is spiritually united with Christ through faith and charity. “Perfect” receiving of the sacrament involves the unity of sacramental and spiritual

communion. “Imperfect” receiving of the sacrament involves just a spiritual communion. (This ought to challenge us when we receive the Eucharist weekly to always have the proper spiritual disposition and not to simply let it become thoughtless or rote!)

So although at times or in certain situations we may be unable to receive the Eucharist sacramentally, we can always receive the Eucharist spiritually. St. Teresa of Avila wrote in *The Way of Perfection*, Ch. 35, “When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.” Saints Frances de Sales and Maximilian Kolbe made frequent spiritual communions during their day. And St. Leonard of Port Maurice stated: “If you practice the holy exercise of spiritual Communion several times each day, within a month you will see your heart completely changed”.

For those who cannot receive the Eucharist during these challenging days ahead, I would encourage a regular spiritual communion to remain connected with Christ and His Church.

There are many ways to make a spiritual communion. One simple way is to place yourself in the presence of God and pray a prayer like the following: *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. (brief pause to unite oneself with Jesus) I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.*