

St. Mary's Catholic Church  
800 SE Court Avenue  
Pendleton, Oregon 97801  
**Fourth Sunday of Lent**

March 22, 2020

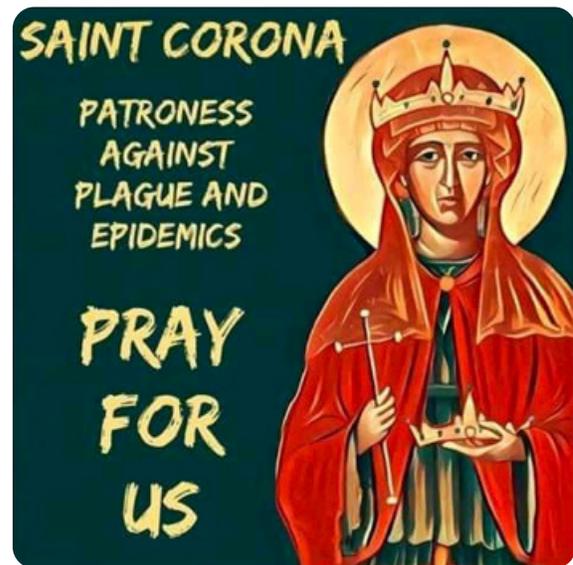
Dear people of God,

As many Catholics are unable to attend Mass or gather because of the coronavirus pandemic, Pope Francis recalled the Church's Spiritual Communion as the Body of Christ, united in prayer. In this pandemic situation, in which we find ourselves living more or less isolated, we are invited to rediscover and deepen the value of the Communion which unites all members of the Church.

This is an opportunity for us to pray more as individuals and with our families, discovering the meaning of "domestic church". Set aside specific times each day to talk to Jesus. Let him know of your problems and concerns. Ask for the grace to be drawn closer to Jesus. "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28).

At this time, as you are aware, many churches around the world have issued precautionary guidelines for Masses, or canceled public Masses entirely because of this outbreak of the virus. At this time, let us not give up or be fearful of this epidemic, but let us be united in spirit and pray as St. Paul exhorts us,

"Rejoice in the Lord always; again I say rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and minds in Christ Jesus." (Philippians 4:4-7).



Our bishop, Liam Cary, is guiding us with the help of the Holy Spirit and praying for us. For updates and more information, visit our diocese website at [www.dioceseofbaker.org](http://www.dioceseofbaker.org). Be united in prayer. Keep our faith in our living God, who can change all things through his Son, Jesus Christ.

God bless  
Fr. Kumar Udagandla

## **Prayer for 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 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*

“Do not fear what may happen tomorrow. The same loving Father who cares for you today will care for you tomorrow and every day. Either He will shield you from suffering, or He will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginings.”  
Saint Francis de Sales

“Lay all your cares about the future trustingly in God’s hands, and let yourself be guided by the Lord just like a little child.” Saint Edith Stein

“I see that God never tries us beyond what we are able to suffer. Oh, I fear nothing; if God sends such great sufferings to a soul, He upholds it with an even greater grace, though we are not aware of it. One act of trust in such moments gives greater glory to God than whole hours passed in prayer filled with consolation.” Saint Faustina