

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.

Seventeenth Sunday in Ordinary Time - July 26, 2020

Parish Facility Closures:

Except for limited, public Masses as announced on our website, and limited office hours, 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 contact the Parish Office 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.

Parish Staff

Fr. Thomas Fallone, J.D.
Pastor
tfallone@stmnj.org

Fr. Joe Davis
Weekend Assistant

Fr. Daniel Chajkowski
In Residence
lionheartdan@gmail.com

Pat Schell
Parish Secretary
secretary@stmnj.org

Frank Miles
Trustee

Mary Murphy
Trustee



Blast from the Past(or)
Seventeenth Sunday in Ordinary Time
July 26, 2020

The Kingdom of heaven is like a treasure buried in a field, which a person finds and hides again, and out of joy goes and sells all he has and buys that field...

One of my prized possessions is my diploma from Nursery School. Yup. It actually sits in my office, framed and matted. This artifact signifies that I went to nursery school for two years, per the requirements of the gifted and talented program of Denville Nursery, granting me all the rights and privileges attendant thereto (or at least that's what I was told). In fact, our principal Mrs. Dux's actual signature is on this diploma! Mrs. Dux cried at my graduation, obviously overcome at the thought that she would never see me again. Anyway, while this diploma is a treasure to me, Jesus speaks to us of the 'pearl of great price.' Christ reminds us that what we treasure most is the definitive mark of our identity: what is our greatest possession? What means the most to you? For what would you give everything? Our answer will connote our desire. Those who want to follow Christ will receive everything they want if what they want is to follow Christ, as someone wise said. We of course treasure our children and families, for whom we would give our lives. Yet 'The Pearl' reminds us that these souls point to the ultimate Adoration of God Himself, the calling for which we are all hard-wired. When God asks what Solomon really wants, Solomon requests 'an understanding heart....to distinguish right from wrong.' Solomon's greatest treasure is wisdom: the ordering of all knowledge and desire and love to the Final Good. Do our treasures bring us closer to God? Does all the instant data from Siri put us closer to God? Such is the standard of worth for our holdings. May our greatest treasure be an understanding heart with which we can know, love and serve God and one another. I do love my diploma, but may I recognize the face of God in possessions as the deepest love and greatest Treasure. That's wisdom.

God bless you!!!!!!!



This Week's Daily Mass Schedule

This week we will again have three daily Masses, on Monday, Wednesday and Thursday at 8:15 am. Attendance will be limited to 60 people per Mass and **advanced registration is required**. Sign-up information for Mass attendance and necessary volunteers will be sent via Flocknote email and posted to our website, www.stmnj.org. Unfortunately, if volunteers do not sign up to serve these Masses, we will not be able to continue offering them. We ask all who are able to please consider signing up to assist. Thank you!



Monday, July 27: Blessed Antonio Lucci

Carmella Antonelli

Tuesday, July 28: Blessed Stanley Rother

Louise Rozek

Wednesday, July 29: Saint Martha

Timothy J. Munday, II

Thursday, July 30: Blessed Solanus Casey

Helen Bolcar

Friday, July 31: Saint Ignatius Of Loyola

Marilyn Bays

Saturday, August 1: Saint Alphonsus Liguori

Mary and Tom Shusted

Sunday, August 2: Eighteenth Sunday in Ordinary Time

Sage O'Neal Thompson

Rebecca Turner



Mass Intentions

Although public Masses are currently limited, Father Tom or Father Daniel will continue to say Mass on their own 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.



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, Bob Bass, Fred Donikowski, Jim Johnson, Florence Kearney, Barbara Kline, Anne Morrison, Patty Meyers, John O'Neil, Bobby Polidore, Christopher Popp, Edmond Sherry and Flynn Sullivan. 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.



Food and Clothing Drives Remain Suspended

Please note that due to the Coronavirus Pandemic, the food pantry and the Catholic Charities Clothing Drive remain suspended until further notice. Please do not drop off any clothing, food or other household items at the church until these drives are back up and running. Thank you!



For the Most Up-To-Date STM Information...

All STM news, including information regarding additional reopenings and our public Masses, will be communicated via Flocknote (by text and email) and also posted to our parish website. If you haven't already signed up for Flocknote, please take a moment to do so by texting 'STMNJ' to 84576 or visiting flocknote.com/STMNJ. **Please note, longer messages and sign-ups for upcoming Masses will only be sent by email, so please make sure you have a current email address on file!** If you have any issues accessing or updating your profile, please reach out to Sue Marshall at smarshall@stmnj.org.



Sisters of Christian Charity 7th Annual Golf Outing

The Sisters of Christian Charity of Mendham will be holding their 7th Annual Gold Outing on Thursday, September 24, 2020 at the beautiful Cedar Hill Golf & Country Club at 100 Walnut Street in Livingston. Every precaution will be taken for a fun and safe golf outing. For more information, please contact Casey Dolan at dev.director@scceast.org or 973-280-5355. You can also register online at www.scceast.org/golf-outing.

Ordinary Time, Extraordinary Possibilities

BY MARY ANN STEUTERMANN JULY 20, 2020

[HTTPS://BUSTEDHALO.COM/MINISTRY-RESOURCES/ORDINARY-TIME-EXTRAORDINARY-POSSIBILITIES](https://bustedhalo.com/ministry-resources/ordinary-time-extraordinary-possibilities)



If I was to ask anyone at my school what season of the year it is, I'd hear the same loud, joyful response: "It's summer!" Students, faculty, and staff alike long for a break from the intensity of the school year's demands, the opportunity to spend more time with friends and family, and the warm sunshine throughout the long days and firefly decorated evenings. But as Catholics, we know that it's more than just summertime. It's also the season of "Ordinary Time" in the liturgical year.

Ordinary Time for the Church is actually one season that has two parts. The first part runs from the day after we celebrate Jesus' Baptism to the day before **Ash Wednesday**. The second part, the time period we are celebrating now, runs from the day after **Pentecost** until the day before the first Sunday of **Advent**. And despite all the wonderful things about the seasons of Advent, Christmas, Lent, and Easter, I have to say that Ordinary Time is my favorite of all.

RELATED: How Can We Make Ordinary Time Less Ordinary?

One thing I love about it is how sneaky and clever it is. The term itself can be misleading. Usually, we think something is *ordinary* if it's dull, mundane, not terribly special. Unfortunately, we often apply this faulty logic to the Church calendar by reasoning that since this season doesn't commemorate the big-time events like Jesus' birth, death, and resurrection, then it must be "ordinary" in the sense that it's a time when we just need to patiently wait for the good stuff.

Boy, did we get that wrong! The term *ordinary*, in the Church sense, refers to following a numbered sequence, not a time that's uninteresting or non-descript. The Latin word *ordinalis* means items in a series. *Ordinal numbers* are the numerals we use to organize things in a sequence: first, second, third. So, Ordinary Time in the Church year doesn't mean the ho-hum weeks in between the exciting events of our faith. Instead, it's the time when we celebrate the *ordered passage of time*. It's when we can deepen our faith in the midst of everyday life. At moments when we experience chaos and confusion, life at its essence is somehow still rooted in meaning and order and wisdom, even if we don't completely get it. Put another way, it's when we remember that the **Incarnation** wasn't just something that happened between God the Father and Jesus of Nazareth more than 2,000 years ago; it's the continual invitation to share in God's love and creativity day after day, week after week, season after season.

RELATED: Video — Sacraments 201: Eucharist (What We Believe)

One way that this “ordered passage of time” has deepened my own faith is through the Gospel readings each Sunday. During Ordinary Time, they focus on the heart and soul of Jesus’ message. We hear him describe the Kingdom of God in concrete terms that people of his time would understand — a mustard seed, some yeast — which invites me to examine my own images of God. We see him heal countless people from all walks of life, which calls me to examine those relationships in my own life that need healing. We watch him perform incredible miracles, which encourages me to find the parts of myself in need of transformation. In this way, Jesus’ day-to-day life during his ministry affects my own everyday experiences.

And I have to admit that my favorite Masses are those during Ordinary Time when the focus is simply on the Word and the **Eucharist** — no extra pomp and circumstance. For me, truth is often clearest in its simplest forms.

It's no accident that the longest period of Ordinary Time occurs during the summer months, which are a time of energy, renewal, and growth. The green liturgical vestments worn by priests during this time echo the vibrant green bursting forth in all of nature. Without a doubt, Ordinary Time is really quite extraordinary.

Originally published June 6, 2018



Mary Ann Steutermann

Mary Ann Steutermann is currently the director of campus ministry at Assumption High School, an all-girls Catholic high school in Louisville, Kentucky. A career educator, she has more than 20 years' experience as an English teacher, assistant principal, and principal and does freelance writing on the side. She holds a bachelor's degree in English and two master's degrees in education. Mary Ann lives in Louisville with her husband and son.

ASSUMPTION COLLEGE FOR SISTERS
200 A Morris Ave.
Denville, NJ 07834
Accredited by Middle States Commission on Higher Education

Th 208A Special Topics in Theology: Contemporary Issues

6:30-9:15 pm Wednesdays

SPECIAL FALL 2020 OFFER:

- Due to the uncertainty of the times and as a gift to our faithful audience, we are offering this class via video conferencing each Wednesday.
- There will be no charge for those merely auditing but we will continue charging for those seeking college credit (Th208A is a 3 credit course and the charge is \$516.)
- Application for those seeking credit and for those auditing the entire course is attached.
- Instructions for participation will be given in early August.

For more information and application, contact Academic Dean: 973-957-0188 Ext. 100
Please register by August 10.

Date	Topic
8/26	Different Ways to Pray: Sister Josita Marks, SCC This evening we will explore some different Prayer Forms in our spiritual tradition. As Robert J Wicks wrote " <i>No one ever masters prayer or gains, once and for all, the perfect attitude of prayerfulness. But interest in expanding and deepening one's appreciation and practice of prayer and a prayerful attitude is a true cause for celebration.</i> "
9/2	Health Care through the Lens of the Pandemic: Rev. Msgr. George Hundt We will examine the ethical and religious direction for health care and how they were applied to the challenge of the pandemic. We will also look at the allocation of health care resources in the care of the whole person.
9/9	Discernment: Judith Schiavo How do we know if we are listening to the voice of God in our decisions? In our session this evening we will uncover how St. Ignatius of Loyola developed a guide for discernment in making decisions from the daily ordinary tasks to life-changing experiences. We will visit the lives of Oscar Romero, Etty Hillesum, Dietrich Bonhoeffer, Pope Francis, and Joyce Rupp, OSM, to reflect on their personal experiences of discernment. Additionally, time will be provided for sharing our own examples in this process of discernment.
9/16	The Challenge of Becoming Intentional Disciples: Sister Theresa Kelly, FMA At a time when many young people are drifting away from our Catholic faith at an ever younger age, this workshop will explore the challenge of Jesus' mandate: "Go and make disciples." It will offer some practical reflections and concrete ways of 'becoming disciples' ourselves, and of leading children and teens to encounter Jesus, experience the community of faith, and be involved in the mission inherent in our baptismal call."
9/23	Faithful Citizenship: Msgr. Mark Condon The <i>Catechism of the Catholic Church</i> (cf. CCC, 1906-1910) exhorts believers to be eager to advance "the common good." We attend to the good of the human family through our (1) respect for the human person; (2) by seeking social well-being and development; (3) and working toward peace in the world. All of those goals require, from the vantage point of faith, belief in God and reverence for God's natural law. Those goals also require a recognition of the proper place of the political community. We will discuss various ways in which responsible citizenship leads us toward care of the common good in various ways.



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:

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

Thursday: 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 Friday 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.

Friday: After the deadline, a link will be posted on our home page (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.

Saturday Afternoon, 2 pm: Sign-ups will be closed so we can plan for the Masses.

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.

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) 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 Serratelli 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 temporarily suspend 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.

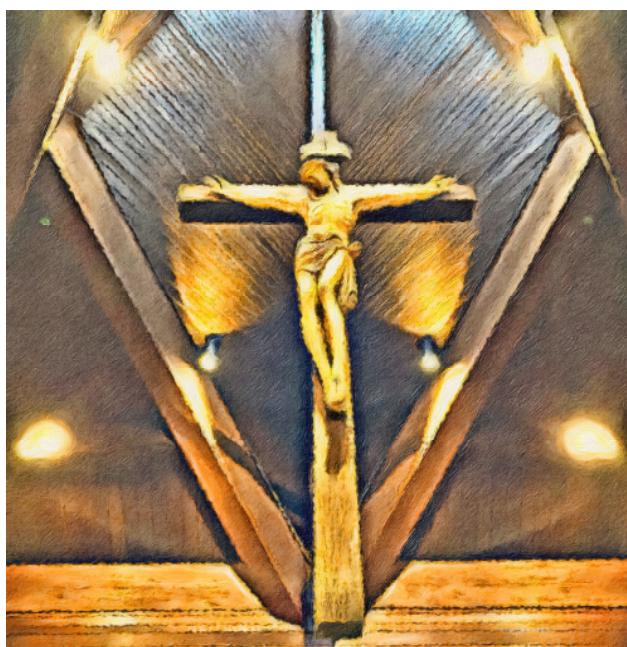
Departure:

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!

Praise 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.catholictv.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_J5ozpFIoxo4vZ4RRYA.

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.