



St. Cyril of Alexandria

CATHOLIC CHURCH

10503 Westheimer ♦ Houston, Texas, 77042-3502
713-789-1250 ♦ Fax: 713-554-1555 ♦ www.stcyrilhouston.org
Archdiocese of Galveston-Houston

Transforming Cultural Catholics Into Intentional Disciples
Transformando Católicos por Tradición en Discípulos con Intención

April / Abril 26, 2020

Cycle/Ciclo II ♦ Year/Año A

Third Sunday of Easter

Tercer Domingo de Pascua

Mass Schedule / Horario de Misas

Sunday / Domingo 11:00 am (English)
1:00 pm (Español)

Daily Mass—Mon-Thurs / Lunes-Jue 11:30 am

All Masses Streamed Live on Facebook

Las misas se transmiten en vivo en nuestra página de Facebook.

Facebook <https://www.facebook.com/stcyrilhouston>

Pastoral Staff / Equipo Pastoral 713-789-1250

Rev. Mario J. Arroyo, Pastor (Contact Sandra Russell)
Fr. Scott Blick..... Ext. 260
Eduardo M. Dolpher..... Ext. 229
Deacon; Pastoral Associate; Annulments
Adult Sac. & RCIA (Español), Kairos Retreat Coord.
Bob Angelich, Deacon..... 713-789-1250
Arturo Mendoza, Deacon; Funerals .. 713-789-1250
Sr. Rosalie Karstedt, CDP 713-554-1556
Pastoral Associate
Adult Sacraments & RCIA (English)
Sandra Russell 713-554-1562
Business Manager
Anne Bennett 713-554-1552
Pastoral Support Services
Fred Clay 713-554-1555
Coord. of Liturgical & Support Ministries
Meegan Dunlap..... 713-554-1551
Mother's Day Out
Jeanette Granados..... 713-554-1560
Bookkeeper; Marriage—English/Spanish
Beatriz Green..... 713-554-1553
Coord. of Youth Ministry
Coord. Del Ministerio Hispano
Quinceañeros Coordinator
Aida Silva 713-554-1563
Coord. of Children's Religious Education
John Wincelowicz 713-554-1559
Coord. of Adult Formation—English
Rejoice Counseling Apostolate..... 844-295-3167

St. Cyril of Alexandria Catholic Church, Chapel and Parish Offices are closed until further notice.

Many of our dedicated staff will be working from home and will be able to answer your emails and if necessary, return your calls.

Remember, the presence of the Lord is not bound within the walls of the Chapel.

Las oficinas, Capilla y Parroquia de San Cirilo de Alejandría estarán cerradas hasta nuevo aviso.

Gran parte de nuestro personal trabajará desde su casa y podrá contestar correos electrónicos y, si es necesario, regresar llamadas.

Recuerde, la presencia del Señor no está limitada dentro de los muros de la Capilla.

Confession / Confesiones

In the Garden / en el Jardín

Tuesday, Thursday 12:15 pm-1:00 pm
Martes, Jueves 12:15 pm-1:00 pm

Anointing of the Sick / Unción para los Enfermos
(English and Spanish / Inglés y Español)
Please call Office / Favor de llamar a la Oficina

Mass Intentions Intenciones de la Misa

Sun., April 26 / Dom., Abril 26

11:00 am † Joe & Dolores Vallot
† Leana Lombard

1:00 pm † Simo Jean Claude
† Julian Perez M.

Mon., April 27 / Lun., Abril 27

11:30 am † Carmen Hammond
† Pitita Quevedo

Tue., April 28 / Mar., Abril 28

11:30 am † Phillis Anzalone

Wed., April 29 / Miér., Abril 29

11:30 am For All / Para Todos

Thur., April 30 / Jue., Abril 30

11:30 am Father Fernando Suarez
† Simo Jean Claude

Reflecting on God's Word

THE STRANGER Imagine meeting a stranger, a fellow traveler, who butts into the conversation you're having with your friend. The two disciples in today's Gospel are heading to Emmaus, seven miles away from Jerusalem, heartbroken and disillusioned. It's the day of Jesus' resurrection, but no one knew it when these two set out on their journey, maybe going home to resume their pre-Jesus lives because it seemed as if everything was over.

In the middle of trying to make sense of the tragedy, some eavesdropping guy asks them about their troubles. After telling their story, the disciples are amazed to find this stranger able to piece together the fragments of the broken image of their master using scripture as the glue. Then it happens—at dinner they recognize Jesus in the breaking of bread, just before he vanishes. With their hearts burning with love and inspiration, they run back to Jerusalem—at night—to tell the others their new story.

THE STRANGER/SHEPHERD The stranger in this story who turns out to be Jesus is reminiscent of the Gospel images of Jesus as the Good Shepherd. He seeks out his "lost sheep" who have strayed from the faith community, and the experience of the risen Lord transforms them into perhaps the very first evangelists, sharing

their Good News with their friends back in Jerusalem.

Are we transformed by the time we leave Mass? We should be! Our hearts should be burning within us from our experience of Jesus in word and sacrament. Yet how often life breaks our heart and clouds our mind! We stumble toward our own Emmaus, unaware that Jesus is with us. We are privileged to experience Jesus in every Eucharist through the breaking open of scripture and by the breaking of the bread. Like the disciples of the story, that transforming experience can compel us to go forth and tell everyone the Good News.

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Reflexionemos sobre la Palabra de Dios

EL DESCONOCIDO Imagínate encontrar a un desconocido, un compañero de viaje, que se entromete a una conversación que estás teniendo con tu amigo. Los dos discípulos en el Evangelio de hoy se dirigen a Emaús, a siete millas de Jerusalén, desconsolados y desilusionados. Es el día de la resurrección de Jesús, pero nadie sabía cuándo estos dos empezaron su camino, quizá regresando a casa para continuar sus ocupaciones previas a su seguimiento a Jesús, pues parecía como si todo hubiera terminado.

En medio del intento para encontrar sentido a la tragedia, algún hombre escucha a escondidas y les pregunta acerca de sus problemas. Después de contarle su historia, los discípulos se sorprenden encontrar a un desconocido que usando las Escrituras pone todas las piezas juntas de una imagen rota de su maestro. Lo que luego pasa, durante la cena reconocen a Jesús al partir el pan, justo para desaparecer ante ellos. Con sus corazones encendidos de amor e inspiración, corren para regresar a Jerusalén, en la noche, para contarles a los otros su nueva historia.

EL DESCONOCIDO/PASTOR El desconocido en esta historia que resulta ser Jesús, es una reminiscencia de las imágenes del Evangelio de Jesús como el Buen Pastor. Él busca a sus "ovejas perdidas" que se han desviado de la comunidad de fe, y la experiencia del Señor resucitado los transforma en quizá los primeros evangelistas, compartiendo la Buena Nueva con sus amigos regresando a Jerusalén.

¿Somos transformados cuando salimos de Misa? ¡Deberíamos! Nuestros corazones deberían arder dentro de nosotros debido a nuestra experiencia de Jesús en palabra y sacramento. ¡Sin embargo, que tan a menudo la vida rompe nuestros corazones y nubla nuestra mente! Tropezamos hacia nuestro Emaús, ignorando que Jesús está dentro de nosotros. Somos privilegiados de experimentar a Jesús en cada Eucaristía mediante las Escrituras y al partir el pan. Como los discípulos de esta historia, esa experiencia transformadora puede obligarnos a avanzar y anunciar a todos la Buena Nueva.

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INTENTIONAL DISCIPLES - ICONS OF GOD

"Did not our hearts burn within us while He talked to us on the road, while He opened to us the scriptures?" LUKE 24:32

How often do we take the time to discern what Jesus wants from us? Are our prayers always petitions, asking Jesus to do things for us? Living our faith means developing a personal relationship with Jesus. Just like any friendship, there is give and take, each side listening to each other and helping each other out. Take time in silence to listen to what Jesus is asking of you.

DISCÍPULOS INTENCIONALES – ICONOS DE DIOS

"¿No ardían nuestros corazones mientras nos hablaba en el camino, mientras nos explicaba las Escrituras?" LUCAS 24:32

¿Con qué frecuencia nos tomamos el tiempo para discernir lo que Jesús quiere de nosotros? ¿Nuestras oraciones son siempre peticiones, pidiéndole a Jesús que haga cosas por nosotros? Vivir nuestra fe significa desarrollar una relación personal con Jesús. Al igual que en cualquier amistad, hay que dar y recibir, cada lado escuchándose y ayudándose mutuamente. Tómese el tiempo en



Folks, This is Fr. Mario.

We really need your help in order to continue the ministry that we do here at St. Cyril's.

I know for some of you financial circumstances are tough, this appeal is not meant for you. Hang in there, trusting that God will help us get through this mess.

However, if you're at all able, we would deeply appreciate your support. We are striving to get as much and as many of the church services that we provide go online. But we need your support. If you can give at all please consider doing that.

Below, you will see a very easy way to give a recurring or a one time gift to the church so that we may continue ministry during these trying times.

Thank you in advance for whatever you can do. Blessings, Fr. Mario



Amigos, soy el Padre Mario.

Realmente necesitamos su ayuda para continuar con el ministerio que llevamos a cabo en San Cirilo.

Esta petición no es para los que se que las circunstancias financieras son difíciles. Paciencia, confiemos en Dios que nos ayudará a superar este desastre.

Sin embargo, si usted puede, le agradeceríamos profundamente su apoyo. Nos esforzamos por obtener la mayor cantidad posible de los servicios de la iglesia que brindamos en línea. Pero necesitamos su apoyo y si usted puede, considere hacerlo.

A continuación, verá una manera muy fácil de dar su donación a la iglesia, para que podamos continuar con el ministerio durante estos tiempos difíciles.

Puede hacerlo periódicamente o solo una vez.

Gracias de antemano por su apoyo! Bendiciones, Padre Mario

Daily Mass Readings

Lecturas Diarias para la Misa

- Mon.** Acts 6:8-15; Ps 119:23-24, 26-27, 29-30; Jn 6:22-29
- Lun.** Hch 6:8-15; Sal 119 (118):23-24, 26-27, 29-30; Jn 6:22-29
- Tue.** Acts 7:51 — 8:1a; Ps 31:3cd-4, 6, 7b, 8a, Jn 6:30-35
- Mar.** Hch 7:51 — 8:1a; Sal 31 (30): 3cd-4, 6, 7b, 8a, 17, 21ab; Jn 6:30-35
- Wed.** Acts 8:1b-8; Ps 66:1-3a, 4-7a; Jn 6:35-40
- Miér.** Hch 8:1b-8; Sal 66 (65):1-3a, 4-7a; Jn 6:35-40
- Thu.** Acts 8:26-40; Ps 66:8-9, 16-17, 20; Jn 6:44-51
- Jue.** Hch 8:26-40; Sal 66 (65):8-9, 16-17, 20; Jn 6:44-51
- Fri.** Acts 9:1-20; Ps 117:1bc, 2; Jn 6:52-59,
- Vie.** Hch 9:1-20; Sal 117 (116):1bc, 2; Jn 6:52-59
- Sat.** Acts 9:31-42; Ps 116:12-17; Jn 6:60-69
- Sáb.** Hch 9:31-42; Sal 116 (115): 12-17; Jn 6:60-69

Giving From Home is Easy ...

Giving to St. Cyril is easy with
"Faith Direct Text-to-Give"!



Contribuir Desde Casa es Fácil....

¡Donar es fácil con
"Donación por Texto con Faith Direct"!

To give via text, follow these steps:

1. **Text a dollar amount to (832) 753-5887**
You'll receive a Text Back to help you complete your gift with your credit/debit card (you will only need to do this once)
2. **Save the number: It Makes Future Giving faster and easier.**

For more information call toll free:

1-866-507-8757

St. Cyril Website: <https://stcyrilhouston.org/faithdirect>

Para donar por texto, siga los siguientes pasos:

1. **Envíe un mensaje de texto con la cantidad que desea donar al (832) 753-5887**
Recibirá un mensaje por texto para ayudarle a finalizar su tramite de donación. Usted solo necesitara hacer este tramite una vez con su tarjeta de crédito / débito
2. **Guarde este número en sus contactos para que pueda donar fácil y rápido.**

Para mas información:

1-866-507-8757 (gratis)

Mass Schedule / Horario de Misas

Sunday / Domingo

11:00 am (English) — 1:00 pm (Español)

Monday - Thursday / Lunes-Jueves

11:30 am

All Masses Streamed Live on Facebook

Las misas se transmiten en vivo en nuestra página de Facebook.

Facebook:

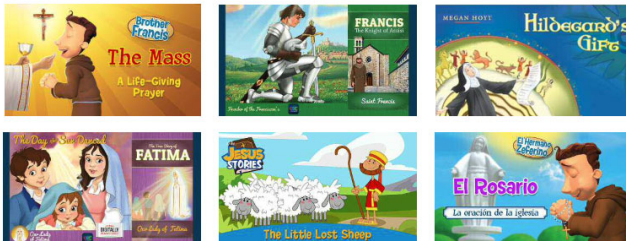
<https://www.facebook.com/stcyrilhouston>

Children's Content on FORMED®

Children's Books & Audios



Dozens of Award-Winning Movies in English and Spanish



Resources for Parents



FORMED®

St. Cyril of Alexandria

Has Purchased a Gift For You

Enjoy a free subscription to formed.org — an incredible online gateway to the best Catholic content, all in one place!

With FORMED, you can:

- Prepare for Sunday Mass by watching an insightful five-minute video by renowned Catholic teachers
- Enjoy a movie with your family that is both nourishing and entertaining
- Enrich your marriage with the award-winning video series *Beloved: Finding Happiness in Marriage*
- Help your children grow in character and embrace the beauty and wonder of the faith

FORMED provides amazing content 24/7 for you to grow in your faith.

It's EASY and FREE to Register!

- Go to <https://stcyrilhouston.formed.org>
- Click "Register"
- Enter your name, email, and desired password
- You're all set to enjoy the engaging and inspiring content on FORMED!

YOU DO NOT NEED TO WORRY

A message inspired by Matthew 6

You do not need to worry.
Do not be afraid.

Worry will not add
a single second to your day.

The lilies do not worry.
They look up to the sky.

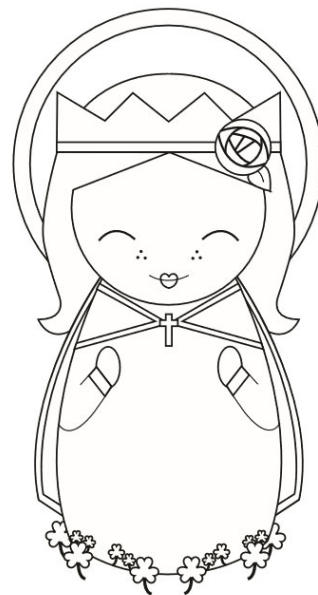
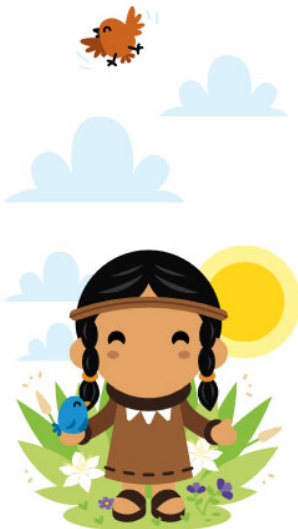
The sparrows do not worry.
They spread their wings and fly.

Sometimes there is sunshine.
Sometimes there is rain.

Be at peace, my little friend.
The sun will rise again.

Like lilies, you will grow.
Like sparrows, you will soar.

God loves the earth and animals,
And loves you even more.



Our Lady of Knock,
Pray for Us!

*Saint Kateri traveled across rivers and mountains to find a place where she could live her faith.
The trip was scary, but Jesus loves us more than anything in the world!
We can breathe and be at peace because, no matter what, He's with us every step of the way.*

©Shining Light Dolls

seek the truth

ARCHDIOCESAN YOUTH CONFERENCE 2020

An event for
students currently
in grades 8-12th

Registration Limited to
18 Boys and 18 Girls

The Archdiocesan Youth Conference (AYC) gathers over 3000 participants (youth & adults) & is one of the Office of Youth Ministry's largest evangelizing events for youth of high school age. Through this event, young people are challenged to live out their faith, learn from exciting & informative presentations from outstanding national speakers & musicians, & make new friendships.

Cost will include:
Conference Registration,
3 Meals Saturday & Sunday
Breakfast, Conference
Festivities, Transportation,
T-Shirts, and 2 Night Hotel
Stay

****A registered individual is someone who submits a completed reservation form **AND** receives the online code **DIRECTLY** from the St. Cyril Youth Office! Anyone who does not complete the steps below will NOT be considered registered!****

Form & Deposit: Complete the form below and submit the completed form with a \$100 deposit to the St. Cyril Youth Office.

Register Online: With special online code received directly from Ms. Bea, register online for the conference **BEFORE** the deadline.

Final Payment: Submit balance of payment **BEFORE** the deadline.

**REGISTRATION IS COMPLETE ONLY WHEN ALL STEPS ARE COMPLETED
AND VERIFIED BY MS. BEA IN THE ST. CYRIL YOUTH OFFICE!**

Online code MAY NOT BE SHARED by friends/families!

TO RESERVE YOUR SPOT, A ** DEPOSIT OF \$100 ** MUST ACCOMPANY THIS RESERVATION FORM!

Final Registration and Fees are Due Sun., June 7

Last Name: _____ First Name: _____
Apellido Nombre

Street Address/Dirección: _____ Apt #: _____

City/Ciudad: _____ Zip/Zona Postal: _____

Date of Birth/Fecha de Nacimiento: ____/____/____ Age/Edad: _____ M or F
Mo./Mes Day/Día Year/Año

Grade as of August 2020/Grado que Cursa a partir de Agosto 2020: _____

Adult Shirt Size/Talla de Camiseta, Adulto: Small Medium Large XL 2XL 3XL 4XL

E-mail: _____

Home #: (_____) _____ - _____ Cell #: (_____) _____ - _____ Text: Y or N

Amount paid: \$ _____ Cash: _____ Check #: _____ Credit Card: _____ Received by: _____

W.H.A.M. Is Here to Help Families Affected by the Corona Virus Crisis

Due to the Corona Virus challenges we are all experiencing, and to comply with the Shelter at Home directive by the county and city of Houston, our Resale Store, which provides over 40% of our revenue is currently closed. We have also been forced to postpone 3 fundraising events this spring.

We need your help to be able to continue operating our facility, paying our staff and our own bills, purchasing items for our food pantry that are not being donated, etc. so we can continue offering the life-line services that families and the homeless need during this unprecedented crisis which is particularly affecting those who were already struggling.

Please consider making a donation anytime by going to:

<https://www.whamministries.org/donate>

Donations can be dropped off at our food pantry Monday thru Friday, from 1:00 pm — 4:00 pm.

10501 Meadowglen Lane

Items Needed:

Most Needed:

Dry Beans	Canned Soups,
Rice	beans, and
Peanut butter	meats
& jelly	Small & Med.
Mac and	sized boxes (to
cheese	pack these
Pasta	things for
Cereal	handout)
Cleaning	Plastic bags
supplies	(Medium &
Masks	small for

Also Needed

Gloves	Diapers
Spaghetti	Hygiene
Sauce	Products
Shelf stable	Baby Formula
milk	Toilet Paper
Water	Medicines
Boxed juices	(Tylenol,
Hand Sanitizer	Ibuprofen &
Paper Towels	cough
	medicines)



Did you know that Catholics can make an Act of Spiritual Communion?

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an **Act of Spiritual Communion** which is a source of grace. Spiritual Communion means uniting one's self in prayer with Christ's sacrifice and worshipping Him in His Body and Blood.

The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

When unable to receive Holy Communion, pray the prayer below:

A 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 in 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.



Archdiocese of Galveston-Houston Prayer in the Time of the Coronavirus

Comfort us, O Lord, for we are like your disciples on the storm tossed seas, unsettled by what lies ahead. We turn to You, our Healer and Guide, to still our hearts in our time of need and hear our prayer: Heal those who are sick with the coronavirus and protect the elderly and most vulnerable.

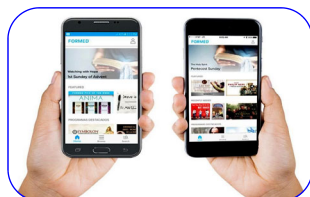
Give strength to all who tend to our health and wisdom to researchers who work toward a cure. Open our eyes and hearts, as you did during Hurricane Harvey, that we may look beyond our immediate needs to care for others who need help.

Through the Holy Spirit, guide our leaders to make wise decisions for the welfare of all the people they serve. Grant eternal rest to those who have died from the virus.

May Mary, Our Mother, who has heard our pleas in the storms of our lives, intercede to her Son, that we may find healing and a prompt end to this illness.

**Mary, Star of the Sea, pray for us.
Jesus Christ, Our Lord and Savior, heal us. Amen.**

Access the Catholic Faith at Home & On the Go Get FORMED™



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Content for Adults, Youth, Children
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Audio Books, eBooks

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Register for Free At: <https://stcyrilhouston.formed.org>

Adult Ministry

St. Cyril of Alexandria Mission Statement
Transforming Cultural Catholics Into Intentional Disciples

FORMED - Bring Your Faith Into Your Home

Now that all classes, events and meetings have been suspended, what do we do to continue deepening our relationship with God through Jesus Christ? I want to encourage everyone on their downtime to go online and **bring your faith into you home** with all of the great resources on [FORMED.org](https://stcyrilhouston.formed.org).

Register for Free At: <https://stcyrilhouston.formed.org>

There are selections for: Faith at Home; School at Home; Pray at Home; English & Spanish Content; Content for Adults, Youth, Children! There is a wide selection of Catholic Studies, Movies, Audio Books, eBooks

Online Classes Start Now!

Wednesday Night Online - with Fr. Scott Blick

7:30 pm - 8:30 pm on **ZOOM** - Beginning April 22



Our Story:

A Basic Introduction to the Bible for Catholics
With Videos from Mark Hart and Kevin Saunders

Get the Bible's big picture, along with a uniquely Catholic approach to the Scriptures, with short videos you can view on FORMED.org and led by Fr. Scott Blick.

Contact John Wincelowicz

Text or Call: 713-554-1559 — Email: jwincelowicz@stcyrilhouston.org

We are initially rolling these programs out on ZOOM.

Tuesday Night Online with Fr. Mario Arroyo

The Initiative is Going Live!

For Young Adults: 18 to 25

7:30 pm to 8:30 pm on **ZOOM**

Beginning April 21



Fr. Mario will take you Online beginning April 21

Are you a Young Adults seeking a greater depth of understanding of your faith! Then Join us!

Contact: Eric Diaz at: ediaz@stcyrilhouston.org

OR

Contact John Wincelowicz

Text or Call: 713-554-1559 — Email: jwincelowicz@stcyrilhouston.org



For more information contact: John Wincelowicz
713-554-1559 or jwincelowicz@stcyrilhouston.org



Follow Us on Facebook or on Our Website:

<https://www.facebook.com/stcyrilhouston/>

<https://stcyrilhouston.org/>



Interested in Becoming Catholic?
In need of the Sacraments?

Contact For Adult Sacraments
and RCIA in English

Sr. Rosalie Karstedt, C.D.P.

713-554-1556

rkarstedt@stcyrilhouston.org

Contact For All Other Adult
Programs in English:

John Wincelowicz - 713-554-1559

jwincelowicz@stcyrilhouston.org

Amended Office Hours

New hours are on the front page
of the bulletin.

Many of our reduced, dedicated
staff continue to work from home.

You can reach us by email or
phone.

Please leave a detailed message if
we can't get to the phone when
you call.

News From St. Cyril



Get parish updates
Via Flocknote

Text: Cyril to 84576

Or, Signup Online for News at:

<https://StCyrilHouston.flocknote.com>



*We put our trust and faith in
God the Father and our Lord
Jesus Christ. With Jesus with
us, we are not afraid, even in danger.*

*I want us to pray for each other and
the whole community of Galveston-
Houston to do our part to be good
agents and citizens and may the
prayers of Our Lady of Guadalupe
support us.*

Cardinal DiNardo

Ministerios en Español

Para más información acerca de los programas para adultos comuníquese con Beatriz Green al (713) 554-1553 o bgreen@stcyrilhouston.org

Oración Durante el Tiempo del Coronavirus

Consuélanos, Señor, pues somos como tus discípulos en la tormenta que sacudió los mares, inquietos por lo que se avecina. Nos dirigimos a Ti, nuestro Guía y Salvador, para que calmes nuestros corazones en nuestros momentos de necesidad y escuches nuestra oración: Sana a todos quienes están enfermos con el coronavirus y protege a las personas mayores y a los más vulnerables. Dale fuerza a todos quienes cuidan de nuestra salud y sabiduría a quienes buscan y luchan por encontrar una cura. Abre nuestros ojos y nuestros corazones, como lo hiciste durante el Huracán Harvey, para que podamos ver más allá de nuestras necesidades inmediatas y ayudar a aquellos que necesiten ayuda. Por medio del Espíritu Santo, guía a los líderes a tomar decisiones sabias por el bienestar de todas las personas a las que sirven.

Concede el descanso eterno a todos quienes han muerto por el virus. Que María, nuestra Madre, que ha escuchado nuestras suplicas en las tormentas de nuestras vidas, interceda ante su Hijo, para que encontremos la sanación y un pronto final para esta enfermedad. María, Estrella del Mar, ruega por nosotros.

Jesucristo, nuestro Señor y Salvador, sananos. Amen.



THE ARCHDIOCESE OF
GALVESTON-HOUSTON

¿Sabías que los católicos pueden hacer un acto de comunión espiritual?

(Fuente: Arquidiócesis de Detroit) - Durante mucho tiempo ha sido un entendimiento católico que cuando las circunstancias impiden que uno reciba la Sagrada Comunión, es posible realizar un Acto de Comunión Espiritual que es una fuente de gracia. La comunión espiritual significa unirnos en oración con el sacrificio de Cristo y adorarlo en su cuerpo y sangre.

La razón más común para hacer un Acto de Comunión Espiritual es cuando una persona no puede asistir a la Misa. Los Actos de Comunión Espiritual aumentan nuestro deseo de recibir la Comunión sacramental y nos ayudan a evitar los pecados que nos harían incapaces de recibir la Sagrada Comunión dignamente.

Cuando no pueda recibir la Sagrada Comunión, haga la siguiente oración:

Una oración por la comunión espiritual

Jesús mío, creo que estás presente en el Santísimo Sacramento.

Te amo sobre todas las cosas y deseo recibirte en mi alma. Como en este momento no puedo recibirte sacramentalmente, entra al menos espiritualmente en mi corazón.

Te abrazo como si ya estuvieras allí y me uno completamente a ti.

Nunca permitas que me separe de ti. Amén.

FORMED

Obtenga acceso en línea las 24 horas, los 7 días de la semana a:

- Programas en inglés y español
- Programas para niños, adolescentes y adultos.
- Grandes programas de estudio
- Programas de preparación sacramental
- Programas de estudio bíblico
- Temas especiales

También tendrá acceso ilimitado en línea a:

Presentaciones de audio de
Lighthouse Catholic Media
Películas sobre: Juan Pablo II, Padre Pío, Madre Teresa y más
Libros electrónicos para: Kindle, iBook, Android, Nook

¡Y mucho más!

Todo en FORMED. Todo a pedido.

Un regalo gratis para usted de nuestra parroquia.

<https://stcyrilhouston.formed.org>

Les pedimos y rezamos para que continúe apoyando a su comunidad parroquial a través de donaciones en línea o por correo para garantizar que su parroquia pueda pagar salarios y las facturas mensuales. Como siempre, todavía estamos aquí para servirle.



Si actualmente no está haciendo sus donaciones en línea por favor considere hacerlo ahora.

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PARA MAS INFORMACIÓN: 1-866-507-8757 (GRATIS)

Si lo prefiere, también puede enviar su ofrenda por correo a St. Cyril of Alexandria, 10503 Westheimer Rd, Houston, TX 77042

Virgen Santísima de Guadalupe, Reina de los Ángeles y Madre de las Américas. Acudimos a ti hoy como tus amados hijos. Te pedimos que intercedas por nosotros con tu Hijo, como lo hiciste en las bodas de Caná.

Ruega por nosotros, Madre amorosa, y obtén para nuestra nación, nuestro mundo, y para todas nuestras familias y seres queridos, la protección de tus santos ángeles, para que podamos salvarnos de lo peor de esta enfermedad. Para aquellos que ya están afectados, te pedimos que les concedas la gracia de la sanación y la liberación. Escucha los gritos de aquellos que son vulnerables y temerosos, seca sus lágrimas y ayúdalos a confiar.

En este tiempo de dificultad y prueba, enseñanos a todos en la Iglesia a amarnos los unos a los otros y a ser pacientes y amables.

Ayúdanos a llevar la paz de Jesús a nuestra tierra y a nuestros corazones.

Acudimos a ti con confianza, sabiendo que realmente eres nuestra madre compasiva, la salud de los enfermos y la causa de nuestra alegría. Refúgianos bajo el manto de tu protección, manténnos en el abrazo de tus brazos, ayúdanos a conocer siempre el amor de tu Hijo, Jesús. Amén.

<http://www.usccb.org/news/2020/20-44sp.cfm>

El estrés y cómo sobrellevarlo

El brote de la enfermedad del coronavirus 2019 (COVID-19) podría ser estresante para las personas. El temor y la ansiedad acerca de una enfermedad pueden ser abrumadores y causar emociones fuertes en los adultos y los niños. Sobrellevar el estrés hará que usted, las personas que usted quiere y su comunidad sean más fuertes.

Si usted o alguien a quien usted quiere se sienten abrumados con emociones como tristeza, depresión o ansiedad, o sienten que quieren hacerse daño a sí mismos o a los demás, llame:
al 911

a la línea telefónica de ayuda para sobrellevar la angustia provocada por desastres de la Administración de Salud Mental y Abuso de Sustancias (SAMHSA):

1-800-985-5990 o envíe un mensaje de texto que diga TalkWithUs al 66746. (Línea TTY: 1-800-846-8517)

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety-sp.html>

La Misa se transmitirá en vivo en Facebook los domingos a la 1 pm en español y bilingüe los miércoles y jueves a las 11:30 am.



Manténganse informados y conectados:

1. <https://stcyrilhouston.org/>
2. <https://www.facebook.com/stcyrilhouston>
3. <https://StCyrilHouston.flocknote.com/HispanicM>

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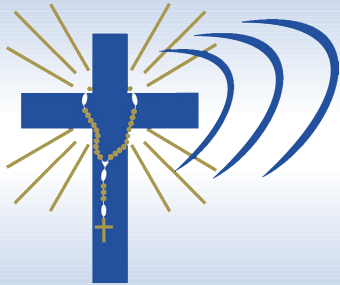
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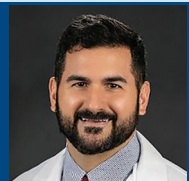
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