

Aloha Parishioners of Our Lady of Mt. Carmel Ohana, March 22, 2020

We come to the first Sunday without being able to physically be present with one another as the body of Christ the Church and we share the feeling of an absence, yet we can still invite Jesus Christ who is truly present In the tabernacles of all the Catholic Churches to come into our souls-hearts.

First try to make time as a family and read the Scriptures (at least the gospel of this Sunday - 4th Sunday of Lent March 22, 2020) First Reading: 1 Samuel 16: 1b, 6-7. Responsorial Psalm: Psalm 23:1-6. Second Reading: Ephesians 5:8-14 and Gospel John 9:1-41.

If difficult read the Gospel, (Psalm 23 Good Shepherd is truly fitting) do reflect few moments, make prayers of petitions-faithful, pray for others and for your own family's protection.

Remember Jesus told us; "where 2 or 3 are gathered in my name, there I am with them." (Matthew 18:20).

Do watch through the video, television, internet the Holy Mass and pray together.

Take this time as an advantage to enrich and increase your devotion to bible reading, rosary, and Stations of the Cross, so that your spiritual life as a family may be greatly enriched, though absent physically from the Church for now.

PRAYER of REPARATION

Eternal Father, I offer Thee the Sacred Heart of Jesus, with all Its love all Its sufferings and all Its merits.

- To expiate all the sins I have committed this day, and during all my life (Glory Be to the Father...)
- To purify the good I have done in my poor way this day, and during all my life (Glory be to the Father...)
- To make up for the good I ought to have done that I have neglected this day and during all my life (Glory Be to the Father...)

Prayer of Spiritual Holy Communion

AN ACT of SPIRITUAL COMMUNION

My Jesus, I believe that You are truly present in the Most Blessed Sacrament. I love You above all things, and I desire to possess You within my soul. Since I am unable now to receive You sacramentally, come at least spiritually into my heart. I embrace You as being already there, and I unite myself wholly to You. Never, never permit me to be separated from You. Amen.

Have a blessed week in the Lord! Fr. Paulo ofm cap.