

**IMPORTANT CORONA VIRUS UPDATE**

13.03.20

**ALL PUBLIC MASSES IN THE PARISH HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE.**

You may join Canon Powell via the webcam in Laurencetown Church when he will celebrate Mass on Sunday morning at 10.00am and Mon, Tue, Thur and Fri at 10.00am. All pre-booked anniversary Masses will offered at these Masses

**CONFIRMATION AND FIRST COMMUNION have also been suspended until further notice.**

In the case of funerals and weddings, families will be informed of further instructions.

When we cannot attend Mass, we can still make an Act of Spiritual Communion, in which we express our faith in Christ and in His Presence in the Eucharist, and ask Him to unite Himself with us. The basic elements of an Act of Spiritual Communion are an Act of Faith; an Act of Love; a desire to receive Christ; and an invitation to Him to come into your heart. There are various popular prayers to accompany an Act of Spiritual Communion, eg:

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.