



## SACRED HEART CHURCH

March 19, 2020

My dear brothers and sisters in Christ Jesus,

At this time of global concern for the safety and health of people, in the wake of COVID-19, I want to reach out to you all, the members of Sacred Heart Parish, to let you know that, more than ever, you are in my prayers. During this time of crisis, let us stay united in invoking God's name who is the eternal source of our strength. With His immense gifts of grace and healing, let us earnestly believe that we will get through this and become even stronger.

I know for sure, that the hardest thing that we face is the absence of the masses (not the absence of the benevolent presence of our God, though), but I want to let you know that you are in spirit with me during my daily, private mass, the adoration of the Blessed Sacrament and the Chaplet of Divine Mercy.

However, for those of you who would like to follow the livestreamed masses on TV and other devotional exercises/activities, please follow these links.  
<https://evangelization.archdpx.org/covid-19-response>,  
<https://catholiccurrent.org/covid19/>

I also invite you to watch the livestreamed Mass that will be offered by Archbishop Sample each Sunday at 11:00 am at the Cathedral: <https://www.facebook.com/archdpx/>. Kindly follow these resources for livestreamed Masses on regular basis: <https://archdpx.org/live-masses>.  
<https://www.nationalshrine.org/mass> or <https://www.wordonfire.org/daily-mass>

In his prayer, Pope Francis calls Mary our Blessed Mother "Health of the Sick" adding that she kept her faith firm as she stood at the foot of the Cross as Jesus suffered. He also said that we seek refuge under Our Blessed Mother's protection, knowing that she will help us "conform ourselves to the will of our Heavenly Father".

"You, Salvation of the people, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial. In the name of your son Jesus, we pray. Amen.

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In the wake of this unprecedented trial, and in the spirit of following the guidelines of our Archbishop/Archdiocese and the health department, I would like to propose certain considerations/recommendations for our parish.

1. While we seek the healing and solace from our Merciful God, it will be more appropriate to pray the Chaplet of Divine Mercy at 3 pm daily, from wherever you are, so that we shall come together in spirit and pray.
2. As we seek the powerful intercession of our Blessed Mother, we shall pray the rosary likewise at 6 pm every day.
3. It becomes clear that our Lord wants to speak to us ever more personally and closely; may we set aside sometime during the day, for a “family Prayer-time” and pray fervently!
4. As we are the people of the Word, let us be intentional in reading and reflecting the Word of God. I would recommend taking any prophetic book in the Old Testament or the Gospels in the New Testament for our reflection and application.
5. Our chapel in the administrative building will remain open through the side door daily, from 9 am to 3 pm, for those of you who would like to spend time with the Lord in prayer (Please respect the proposed number of people gathering)
6. We will continue to have Adoration on Fridays from 10 am to 3 pm; you may want to use this opportunity, keeping in mind the same guidelines for the number of people gathering.
7. Reaching out to the Homebound/sick people, I will be happy to assist in a way that is appropriate. Please call me.

On a personal level, I want to reiterate that we will join our hands in prayers, expressing our support and solidarity, trusting in the providence of our God, because, “the joy of the Lord is our strength” – Nehemiah 8:10 .

I will be more than happy to talk to you over the phone (503 922 1199) or via Facetime/Whatsapp for a video call (503 679 1166). Please don't hesitate to call and we shall make all our efforts to stay connected. I am here to serve you.

May God be with you and your family members in these times, and may our Blessed Mother protect all of us in her mantle as we make this journey together!

United in Christ,

Fr. Amal