

The Catholic Community of Gloucester & Rockport

HOLY FAMILY PARISH & OUR LADY OF GOOD VOYAGE PARISH

Live the Gospel. Share God's Love. Rebuild the Church.
Fifth Sunday of Lent · March 29, 2020



THE HOME CHURCH

OUR PASTOR'S MESSAGE — PAGE 3

The Catholic Community of Gloucester & Rockport
United in Prayer, Fellowship, and Service

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A PRAYER SERVICE FOR YOUR HOME



1. Set up a Sacred Space

- Gather a few religious items from around your house to make a small prayer space. Consider including:
 - A Bible
 - A candle
 - A Crucifix, Cross, or picture of Jesus
 - A rosary or images of Mary and the saints.
 - Holy Water
 - Paper & pencils for writing prayer intentions
 - If you have children, have them draw pictures of Jesus, or a saint and include their drawing.



2. Begin with the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit.

R: Amen.



3. Read and Reflect on the Scripture Readings of the Day



You can find the daily readings at usccb.org/bible/readings.

Begin each reading: A reading from...

End each reading: The Word of the Lord, R: *Thanks be to God.*

End the Gospel reading: The Gospel of the Lord, R: *Praise to You, Lord Jesus Christ.*

Watch a Gospel reflection or use these questions to reflect on one of the readings

- Daily reflection: usccb.org/bible/reflections
- Sunday Reflection: youtube.com/washarchdiocese

For Adults:

- What words, images, or ideas stood out for you in the reading?
- How do those words, images, or ideas relate to your life right now?
- What is God saying to you? What is He asking you to do?

For Children:

- What's happening in this Bible story? What are the people thinking or feeling in this story?
- How do you see God working in this Bible story?
- What did you learn from this Bible story?

Prayer Moves Us to Action



As we draw closer to the Lord in prayer, He helps us to see the needs of our brothers and sisters. Who do you see in need?

- Write a thank you note to workers in hospitals, nursing homes, grocery stores, etc. Thank them for working hard to insure health and safety for all of us.
- Send snail mail! Make cards for elderly neighbors or the homebound to brighten someone's day.
- Buy non-perishable food items and drop them off at your local parish or food pantry.

4. Share Prayer Intentions



Consider reading aloud these prayer intentions; then go around and invite everyone present to share a prayer intention.

Leader: Lord, we turn to you with all our hopes and fears, our joys and our sorrows. Hear our prayers, fill our hearts with hope, and grant us your peace.

Leader: For all people of faith, that we may find closeness to God and His Church, even in times of isolation. We pray to the Lord. R: *Lord hear our prayer.*

Leader: For local and world leaders, may God guide them in making decisions for the common good. We pray to the Lord. R: *Lord hear our prayer.*

Leader: For the sick, the vulnerable, the fearful, and the lonely, may God bring them healing, comfort, and peace. We pray to the Lord. R: *Lord hear our prayer.*

Leader: For what else shall we pray? (Allow each person to share a prayer intention, responding after each prayer with: We pray to the Lord. R: *Lord hear our prayer.*)

5. Pray the Lord's Prayer



Our Father, who art in heaven, hallowed be thy name; Thy Kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

6. Pray an Act of Spiritual Communion

An Act of Spiritual Communion by St. Alphonsus Liguori:

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.



7. Closing Prayer



Close with the following prayer of thanksgiving - even in difficult times, we can foster a heart of gratitude!

Lord, we thank you for this time of prayer and for our community of faith who, even in this time of isolation, are drawn together in our continued worship of You. We entrust all our prayers, work, joys, and sufferings to You, Lord Jesus, and ask you to fill our hearts with hope and love. For what do we give thanks?

After everyone has a chance to share, end with:

Leader: Give thanks to the Lord, for He is good

R: *His mercy endures forever.*

Leader: May the Lord bless us, protect us from all evil, and bring us to everlasting life. In the name of the Father, and the Son, and the Holy Spirit. R: Amen.

OUR PASTOR'S MESSAGE

The Home Church

BY FATHER JIM

As we begin a third week of self-isolation and social distancing, it is so very clear that we are living during an extraordinary moment of trial, tribulation, and suffering that in one way or another affects every single person in our community, country, and world. During the past week, I have settled into a daily routine that includes the celebration of a private Mass, the Liturgy of the Hours, and a series of prayers throughout the day for God's mercy, healing, and protection from all illness for all people in Gloucester, Rockport, and beyond. In addition, I have been blessed to pray remotely with families who are grieving the loss of loved ones. Perhaps now more than ever, we can appreciate those technologies that allow us to keep in close contact with our families and friends all around the world.

During this difficult and uncertain time, when we are called to self-isolate and stay-at-home, when it is all but impossible to celebrate the sacraments, Pope Francis has said: "If you cannot find a priest for confession, speak with God. He is your Father...Ask him for forgiveness with your whole heart, pray an act of contrition, and promise: 'I will go to confession afterward.' You will return to God's grace immediately (3-20-20)." With these words, the Holy Father gives voice to the overriding theme of his papacy: the great gift of God's mercy.

In addition, the Vatican Tribunal of the Apostolic Penitentiary (which has authority over Church doctrine related to the forgiveness of sins) announced last weekend that those suffering from COVID19 can obtain a plenary indulgence, which results in the remission of all temporal punishment of sins (aka time in purgatory) by praying the Holy Rosary, the Stations of the Cross, or some other pious devotion; or by uniting themselves in spiritual communion with the Celebration of the Mass (via radio, internet, television, or prayer).

The Vatican Tribunal of the Apostolic Penitentiary also announced that health care professionals (including all caregivers and administrative and custodial staffs at health care and nursing care facilities) can obtain this same plenary indulgence by reciting the Apostles Creed, the Lord's Prayer, and any prayer for the intercession of the Blessed Virgin Mary; by offering a prayer for an end to the pandemic and for the intentions of the Holy Father; and by promising to participate (when again possible) in the Sacraments of Penance & Reconciliation (Confession) and Holy Eucharist.

Finally, the Vatican announced that all people all around that world (including you and me) can obtain this plenary indulgence by praying for an end to the pandemic; and by reading the scriptures for thirty minutes, or by praying the Holy Rosary, Divine Mercy Chaplet, or Stations of the Cross; and by promising to participate (when again possible) in the Sacraments of Penance & Reconciliation (Confession) and Holy Eucharist.

Throughout this difficult week, friends and fellow parishioners (both near and far) have shared with me how they are finding some consolation and peace by praying at home. For centuries the Catholic Church has highlighted the importance of the family and *Ecclesia Domestica* (or home church) as the "first school of Christian life (CCC 1656-16457)." This week, let us take advantage of this time at home with our families to renew our spiritual lives, to pray together and to pray for each other. Even when we can't gather together, we can still pray together! Ever together in prayer! Peace and blessings to all!

CALL TO PRAYER



BLESSING FOR A SICK ADULT A Prayer During Time of Pandemic

During this time of pandemic and restrictions imposed (with good reason) by hospitals, nursing homes, and other health care providers, it may become necessary for families to pray with sick loved ones at home or by remote device. In addition to the Lord's Prayer and prayers for the intercession of the Blessed Mother, this prayer may also be used to pray with someone who is sick.

Lord Jesus Christ,
may your peace and mercy
enter into our home (or hospital room).
Let every evil flee from this place.
May angels of peace reside here.
May every sinful discord leave us.

Lord Jesus Christ,
look upon your servant, (name),
who suffers from sickness of body.
Refresh the soul that you created,
so that purified by this affliction,
they may always remember
that we are saved
by your loving compassion.

Merciful Lord,
consoler of the faithful,
we beg your great mercy,
so that through our humble prayers,
you may visit your servant,
who lies upon a bed of pain,
just as you visited the sick.

May our Lord Jesus Christ
be with you to save you,
before you to lead you,
behind you to guard you,
and above you to bless you.

May the blessing of Almighty God,
Father, Son, and Holy Spirit,
descend upon you
and remain with you always. Amen.

Our Lady of Fatima, pray for us!
Our Lady of Lourdes, pray for us!
Our Lady of Good Voyage, pray for us!
Our Lady, Comforter of the Afflicted, pray for us!

Adapted from the Rural Life Prayer Book

PRAYER, FELLOWSHIP & SERVICE

LITURGY OF THE HOURS Praying the Prayer of the Church

In his First Letter to the Thessalonians, Saint Paul writes: "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you (1 Thes 5:16)." For centuries, Christians have puzzled over what it means to pray without ceasing. And it seems more important than ever to put this advice into action. One ancient practice offers us an answer: The Liturgy of the Hours.

Since the middle ages, the Church has used a daily practice of prayer called the Divine Office or Liturgy of the Hours to mark and sanctify the various hours or times of the day: morning, afternoon, evening, and night. It uses a four-week cycle of psalms, canticles, and scripture readings to draw us into a deep relationship with Christ and the Church by uniting us with the Lord and each other through prayers of petition, praise, and thanksgiving.

At ordination, our deacons and priests make solemn promises to pray with the Divine Office each and every day. However, the Liturgy of the Hours is not just for deacons, priests, and those consecrated to religious life. Countless lay men and women around the world, including several members of our pastoral team, make the Liturgy of the Hours the foundation of their daily prayer and worship. Indeed, in *Canticum Laudis*, the Apostolic Constitution of the Church, we read: "The purpose of the Divine Office is to sanctify the day and all human activity. The Divine Office is the prayer not only of the clergy but of the whole People of God."

During this extraordinary time, when we are not able to gather together, we can still pray together in a spiritual communion of potentially miraculous power. If you are interested in praying the Liturgy of the Hours, please visit ccgronline.com and click the link on our home page for a free and easy way to pray with Father Jim, members of our pastoral team, and priests, deacons, and religious communities all around the world!

If you have questions or need assistance, please contact Father Jim at frjim@ccgronline.com or Cliff Garvey at cgarvey@ccgronline.com. Trust in God. Believe in science. Stay at home. Let's pray together; and let's pray for each other everyday! May God bless you and your family during this difficult time!

ON RETREAT with CARDINAL SEAN CHRIST, OUR LIGHT IN THE DARKNESS

Watch! Click the link: ccgronline.com!
Even if we can't gather together,
we can still pray together!

PRAYER, FELLOWSHIP & SERVICE

ONLINE RESOURCES FOR PRAYER

Join us: ccgronline.com!

Each day, all parishioners and friends are invited to join us for a few moments of prayer and reflection by visiting our website: ccgronline.com. Our homepage features links to dozens of prayer resources including: Saint of the Day, Sharing the Word, and Sunday Soundbites (which are 90 second meditations on the Daily Mass Readings and the lives of the saints). And thanks to the good folks at Boston College's C21 Center, our website also features links to God Pods (conversations about faith) and a Living Lent Devotional (daily prayers and reflections).

In addition, our website features an entire section of resources for families and children. Children of all ages (including adults) are invited to use the Drawing God printable template to share their prayer requests with Father Jim who will incorporate them into his prayers for us at Daily Mass. Those prayer requests can be placed through the mail slot at our parish office or emailed to him at frjim@ccgronline.com. Even though we can't gather together, we can still pray together! Join us everyday at ccgronline.com! Check it out! Ever together in prayer!

THE ASSISI PROJECT Need Prayers?

Founded in 2007 by Father Jim and Cliff Garvey during their first pilgrimage to Italy, the Assisi Project is a Fellowship of Franciscan in Spirit. Our mission is to help believers of all ages and backgrounds grow closer to Christ, to the Catholic Church, and to each other through the intercession, inspiration, and life example of Saint Francis and Saint Clare of Assisi.

Members of the Assisi Project range in age from 17 to 94 and live in Holy Family Parish, Our Lady of Good Voyage Parish, throughout the Archdiocese of Boston, all across the United States, Canada, Brazil, Italy, Spain, and Angola. Part of our work together is our prayer together. So we pray each day for all who ask for our prayers all around the world. If you would like the Assisi Project to pray for you, your family, your special intention, or the soul of a deceased friend or loved one, please contact Cliff at 978-281-4820 or cgarvey@ccgronline.com.

During this time of pandemic, when we are encouraged to remain at home, all are invited to pray and reflect on the Gospel Life by visiting assisiproject.com and making use of the many resources on our website (including our Daily Prayers, Franciscan Rosary, Way of the Cross, and more than fifty reflections and stories about Saint Francis and Saint Clare). Come and pray with us online! May the Lord give you peace – now and always!

CALL TO PRAYER



OUR LADY OF GUADALUPE A Prayer During Time of Pandemic

During this time of trial, suffering, and uncertainty, Archbishop Jose Gomez of Los Angeles has invited Catholic Christians all around the world to pray for the intercession of Our Lady of Guadalupe, who is venerated as patron and protector of the Americas. She also holds a special place in the hearts of all who are poor in body, mind, and spirit. As a community united in prayer, fellowship, and service, let us pray together:

Holy Virgin of Guadalupe,
Queen of Angels and Mother of the Americas:
we fly to you as your beloved children.
We ask you to intercede for us with your Son,
as you did at the Wedding at Cana.

Loving Mother,
pray for us and gain for our nation and world,
and for all our families and loved ones,
the protection of your holy angels,
that we may be spared the worst of this illness.

For those already afflicted,
we ask you to obtain the graces
of healing and deliverance.
Hear the cries of those
who are vulnerable and afraid;
wipe away their tears and help them to trust.

In this time of trial and testing,
teach all of us in the Church to love each other
and to be patient and kind.
Help us to bring the peace of Jesus
to our land and into our hearts.

We come to you with confidence,
knowing that you truly are
our compassionate mother,
health of the sick and cause of our joy.
Shelter us under the mantle of your protection,
keep us in the embrace of your arms,
and help us always to know
the love of your Son, Jesus. Amen.

Born in Mexico, His Excellency Jose Horacio Gomez serves as the fifth Archbishop of Los Angeles since 2011. He also serves as President of the United States Conference of Catholic Bishops, the first Latino to hold this post. His episcopal motto: "Let us confidently approach the thrown of God's grace."

OUR MASS INTENTIONS

MARCH 28 – APRIL 5, 2020

Saturday, March 28	Vigil · Fifth Sunday of Lent
4:00pm · Saint Ann	Russell T. Asaro
6:00pm · OLGV	Robert Madruga
Sunday, March 29	Fifth Sunday of Lent
7:00am · OLGV	Cynthia Works
8:15am · Saint Ann	Captain Jerome & Grace Lavasco
10:00am · Saint Joachim	James King
11:45am · OLGV	Manuel & Maria Achadinha
5:00pm · Saint Ann	For All Victims of Coronavirus
	Fifth Week of Lent
Monday, March 30 8:00am · OLGV	Dr. Gerald Kochansky
Tuesday, March 31 8:00am · Saint Joachim	Oswald Ajavon
Wednesday, April 1 8:00am · OLGV	Vito & Benjamin Asaro
Thursday, April 2 8:00am · Saint Joachim	Helene Ayivor
Friday, April 3 8:00am · OLGV	All Souls in Purgatory
Saturday, April 4 8:00am · OLGV	Tina & Alex Borge
Saturday, April 4	Vigil · Palm Sunday
4:00pm · Saint Ann	Salvatore & Josephine Santuccio
6:00pm · OLGV	Toot Madruga
Sunday, April 5	Palm Sunday
7:00am · OLGV	Special Intention
8:15am · Saint Ann	Mark Gossom
10:00am · Saint Joachim	Paul Makowski
11:45am · OLGV	Jose Nunes Silva
5:00pm · Saint Ann	Matteo & Vincenza Cusumano

OUR WEEKLY GIFTS

PASTOR'S NOTE

Safe & Easy Electronic Giving Now More Than Ever!

Brothers and sisters! Your weekly gift helps us to pay for the salaries and benefits of our pastoral team (who continue to serve during this public health crisis); utility bills, insurance premiums, and any necessary repairs that may be needed in our churches and parish buildings. Now more than ever, your generosity ensures the good work and financial stability of Holy Family Parish, Our Lady of Good Voyage Parish, and the Catholic Community of Gloucester & Rockport.

All are encouraged to mail their offering or slide it through the mail slot at our parish office (which will be checked every day). In addition, another increasingly important component of our ongoing fundraising efforts is electronic giving. Our "We Share" program is a safe, secure, and easy way to make secure online donations to your home parish using a credit, debit card, or electronic check. Help us continue to help others!

If you have questions or need more information about supporting our parishes during this difficult time, please contact me at frjim@ccgonline.com or 978-281-4820. On behalf of our pastoral team and all fellow parishioners, thank you for your generous support! Peace, prayers, and blessings for you and your family! – Father Jim

SANCTUARY GIFTS

At each of the churches in the Catholic Community of Gloucester & Rockport, sanctuary flowers, sanctuary candles, and altar gifts (hosts & wine) can be donated for a special intention or in memory of a departed loved one. The requested donation for altar gifts is \$175. The requested donation for a sanctuary candle is \$25. This week, donations were offered for the following heartfelt and special intentions:

In Memory of Robert & Greg Swinson
Sanctuary Candle · Saint Ann Church

In Memory of Reverend Msgr. Richard Cunningham
Sanctuary Candle · Saint Joachim Church

In Memory of Dr. Gerald Kochansky
Sanctuary Candle · Saint Anthony Chapel

In Memory of Captain Stephen & Catherine Demetri
Sanctuary Candle · Our Lady of Good Voyage Church

For more information about donating sanctuary candles, flowers, or gifts in memory of a deceased family member, friend, or loved one, please contact our parish office at office@ccgonline.com or 978-281-4820. Thank you!