

## **SOME DAILY SPIRITUAL ACTIVITY DURING THIS EMERGENCY:**

### **Prayer for Spiritual Communion:**

*My Jesus, I believe that you are present in the most holy Eucharist. 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.*

**Rosary:** Sacred Heart Radio: [www.sacredheartradio.org](http://www.sacredheartradio.org)

**Stations of the Cross:** Busted Halo:  
<https://bustedhalo.com/video/virtual-stations-of-the-cross>

### **Bishop Mueggenborg' s Sunday Gospel Reflections:**

- Sacred Heart Radio <https://sacredheartradio.org/> (Thursday, Friday, Saturday and Sunday – after the 1pm Rosary)
- Download Weekly Reflections at <https://seattlearchmedia.weebly.com/>

### **Mass:**

Pope Francis' morning Mass will be broadcast live. You can view it in real time and find English narrations at 7:00am Central Eastern Time on [www.vaticannews.va](http://www.vaticannews.va).