



Pope's Prayer during the Corona Virus

Pope Francis made a special Sunday afternoon visit to the icon of Mary at St Mary Majors Basilica, before which, as we know, St Paul of the Cross made his vow to remember the Passion of Jesus.

Pope Francis went to pray before the famous icon of the Virgin Mary is known as *Salus Populi Romani*, or *Health of the Roman People* or *Salvation of the Roman People*, due to a miracle in which the icon helped keep plague from the city. In 593, Pope Gregory I had the icon carried throughout Rome and prayed for an end to the [Black Plague](#).



Let us enthusiastically accept the Pope's invitation and entrust ourselves now with all our faith to the dear Mother of Divine Love. Let us recite the Pope's prayer every day, morning and evening.

"You, Salvation of your 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."

Dear Heavenly Mother, help us to live these difficult days filled with hope, with renewed unity, with a true spirit of obedience to what is required of us, with the certainty that after this trial we may arrive at the blessed and glorious hour of the Resurrection.



Video Message from Fr. General Joachim Rego CP. on COVID-19

2	Michael Rowe
10	James Barry
13	Jerome McKenna Jerome Bracken
16	Salvatore Riccardi
21	David Monaco
22	Michael Stomber
27	Junesh Vakapadath

7	Edwin Moran
12	Luis Alfredo Lopez Galarza
17	Junesh Vakapadath
25	Earl Keating Jerome McKenna Gregory Paul
28	Timothy Fitzgerald John McMillan
30	Lucian Clark Joseph Jones

Lockdown Prayer

by Fr. Richard Hendricks, OFM

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.

But,
They say that in Wuhan after so many years of noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.

They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.

They say that a hotel in the West of Ireland
Is offering free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighborhood
So that the elders may have someone to call on.

Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and reflecting
All over the world people are looking at their neighbors in a new way
All over the world people are waking up to a new reality

To how big we really are.
To how little control we really have.
To what really matters.
To Love.

So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.

Yes there is sickness.
But there does not have to be disease of the soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.

Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,

And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

Some Great Spiritual Videos and Audio during our Isolation

Videos on your Computer

Daily Mass	Go to www.youtube.com and enter “daily mass Bishop Barron
Sunday Mass	go to https://thesundaymass.org/
Rosary	Go to www.youtube.com and enter Rosary
Stations of the Cross	Go to www.youtube.com and enter Stations of the Cross

Videos on your TV or Smart Phone

Sunday Mass by Passionists	Nation Wide	6:30 AM EST and PST, 5:30 AM CST	Consult local Listings	
	NY Tri State	5:30 AM Sunday	Broadcast TV	Fox Channel 5
		6:00 PM Saturday	Manhattan Bkyn, Queens & S.I. Time Warner Ch 97 Cablevision Ch30	
		9:00 AM Sunday	NJ Counties Monmouth & Ocean	Comcast Ch 190
		9:00 AM Sunday	NYC & Most of Long Island	WLNY Ch 10 or 55
Daily Masses	Nationwide	Go to https://www.heartofthenation.org/where-to-watch and enter Zip Code		
Masses	Apps on Smart Phones		Catholic TV which has more than Masses	
Rosary	EWTN	https://www.ewtn.com/tv/shows/holy-land-rosary https://www.ewtn.com/tv/shows/international-rosary https://www.ewtn.com/tv/shows/holy-rosary-with-mother-angelica		

Audio (a short list)

Sirius Satellite	Catholic Channel	Ch 129 Mass and Talk Shows
Apps for Smart Phones	Many Podcasts	Open the Podcast app on your Smartphone (on iPhone just swipe left and go to the search page and type Podcast Then click on the magnifying glass button in the navigation at the bottom and enter “ Catholic ” to see many Podcasts. I like Word on Fire with Bishop Barron. You could find others. You could also search for your favorite preacher example Scott Hahn , etc
	Laudate	Laudate includes many resources such as an interactive Rosary, Daily Read- ings, the Liturgy of the Hours, the Roman Missal changes, and the NAB and Douay-Rheims versions of the bible
	iBreviary	iBreviary provides you with an electronic breviary, the book used to pray the <i>Liturgy of the Hours</i> .
	The Pope App	You can browse photo galleries of recent General Audiences and Papal events, watch video clips of the Pope’s addresses, read transcripts of his speeches.
	Mea Culpa (IOS only)	Mea Culpa helps make you a good confession. In addition to a great exami- nation, it has a Confession FAQ section