

Can't Make it to Mass? Then perform a Spiritual Communion.

Dioceses all across the country are temporarily canceling Sunday and daily Masses to help prevent the spread of COVID-19, the Diocese of Fargo among them. So what can Catholics do to stay true to their faith when they are unable to receive the sacrament of the Holy Eucharist? The Church says one can make a "Spiritual Communion." But how does one do that? There are many ways to pause during the day and unite with the Lord when partaking in the Eucharist isn't possible. Here's an idea of what you can do alone or with your family. The Diocese of Fargo is sponsoring Mass live from St. Mary's Cathedral. Mass times are as follows: **Monday – Saturday, 7:00am and Sunday at 9:00am.** All masses are recorded and can be viewed at a time that works best for you. To view Mass online, simply go to www.fargodiocese.org and click on the daily mass link. If that's not possible, you may do the following at home:

1. Say the Profession of Faith
2. Read from the readings for that day's Mass
3. Say the Our Father



Sunday at 9:00AM
On-line Mass visit:
www.fargodiocese.org

Whether you watch a televised Mass or pray together at home, include this beautiful prayer:

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You Sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You.

OUR PROFESSION OF FAITH

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

**On-line Mass visit: www.fargodiocese.org
Sunday at 9:00 AM**