

SUNDAY *SAMPLE*

Please read the Bishop's Decree of Dispensation below in regards to Sunday Mass amidst the COVID-19. If you decide it is in the best interest of your family to stay home on Sunday, here are some ways you can still honor the Lord's Day. We encourage you to use your Sunday to really focus on the Family and setting time aside for God!

BISHOP'S DECREE OF DISPENSATION

On March 11, 2020, I granted a dispensation from the obligation to attend Mass on Sunday for those members of the Faithful who are sixty years of age and older as well as those suffering vulnerable health conditions.

*Due to new instructions provided by State and local public health officials, I now extend this dispensation to include **all** members of the Catholic Faithful from the obligation to attend Mass on Sunday. This dispensation will continue until further notice.*

In granting this dispensation I remind the Catholic Faithful to properly observe the third commandment, Keep Holy the Lord's Day. The Catechism of the Catholic Church teaches us: On Sundays and other holy days of obligation, the faithful are to refrain from engaging in work or activities that hinder the worship owed to God, the joy proper to the Lord's Day, the performance of the works of mercy, and the appropriate relaxation of mind and body. Family needs or important social service can legitimately excuse from the obligation of Sunday rest." (CCC, 2185)

All the Faithful should seek with greater intention to consecrate the day with prayer and attention given to building up the family.

I encourage the faithful to offer a rosary on Sundays for the intention of all those afflicted by the virus, COVID-19 as well as for the sanctification of the Faithful and Clergy during this Lenten Season. I recommend a family

recitation of the rosary as a healthy and holy practice during Lent as well as throughout the year.

I instruct the pastors of parishes in the Diocese to educate the faithful about this dispensation as well as other public health precautions to be observed at this time. Pastors are to continue offering Sunday Mass for those members of faithful who desire and are able to attend. If possible, the pastors should maintain the regular Sunday schedule of Masses.

Please pray for those afflicted with COVID-19, their families, and all caregivers. May intercession of our Blessed Mother Mary bring us the healing mercy and grace of her Son, Jesus.

+Jaime Soto

Bishop of Sacramento

SUNDAY MORNING

Breakfast

- **Family Breakfast** Use Sundays as your day for a wholesome and delicious breakfast. Have your child(ren) help you make the pancakes, eggs, bacon, or whatever it may be! We encourage you to eat this meal together.
- **Prayer Before Meals** Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.

WAYS TO HONOR THE LORD'S DAY FROM HOME

Livestream Mass!

Several churches are live streaming their mass so that people can participate from home! Did you know there is something called the Act of Spiritual Communion?

- **Live Streaming Mass** During communion, though you cannot receive in person, you can receive a spiritual communion by saying the following prayer (we recommend praying this together as a family):

- **Act of Spiritual Communion** 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.
- **Comunion espiritual: Oración para hacer una comunión espiritual**
 Creo Señor mío que éstas realmente presente en el Santísimo Sacramento del altar. Te amo sobre todas las cosas y deseo ardientemente recibirte dentro de mi alma; pero, no pudiendo hacerlo ahora sacramentalmente, ven al menos espiritualmente a mi corazón. Y como si te hubiese recibido, me abrazo y me uno todo a Ti; Oh Señor, no permitas que me separe de Ti. Amén.

Live Stream Masses:

- **CatholicTV.org** > <http://www.catholictv.org/schedule>
- **Live Stream with the Dominican Friars:**
<https://livestream.com/accounts/2079966/events/9039896>
- **Spanish mass from the Vatican** Direct TV channel 456 at 5:00PM
<https://www.directv.com/Channels/ESNE-PIO-456>
- **1240AM Radio Santísimo Download**
 App-<https://apps.apple.com/us/app/radio-sant%C3%ADsimo/id1133626761>
- **1240AM Radio Santísimo website** <https://radiosantisimosacramento.com/>
- **El Sembrador Ministries** -
<https://elsembradorministries.com/esne-mobile/live/cobertura-tv-y-radio.html>
- **St. Patrick's Cathedral** Live Mass from St. Patrick's Cathedral in New York <https://saintpatrickscathedral.org/live>
- **San Fernando Cathedral** Live from San Fernando Cathedral in San Antonio, Texas.
https://catholicearth.com/index.php?option=com_content&view=article&id=125&Itemid=101

Read & Reflect from Home

If you do not feel like or are unable to live stream mass, we encourage you to read Sunday's readings together as a family and reflect upon them. When finished, you can pray together to make an Act of Spiritual Communion:

- **Act of Spiritual Communion** 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.
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How to find the readings for Sunday:

- Get the **Laudate App** > Click on "Daily Readings"
- Visit **usccb.org** > Click on the date in the calendar located on the right under "Daily Readings"
- **Oraciones en video**- Daily reading in Spanish www.oracionesenvideo.com

Praying a Rosary for the Sick

Bishop Soto encourages the faithful to offer a rosary on Sunday for those afflicted by the virus. We encourage you to pray a rosary together as a family on this day.

El Obispo Soto invita a todos los fieles a ofrecer un rosario en domingo para todos los afectados por el virus.

Santo Rosario- dejar que nos niños guíe el rosario y hagan las peticiones en cada misterio con el apoyo de los padres de familia.

Spend Time with Family

Bishop Soto says, “*All the Faithful should seek with greater intention to consecrate the day with prayer and attention given to building up the family.*”

We encourage you to do so through prayer, activities, games, and other fellowship.

BEFORE YOUR HEAD HITS THE PILLOW

Family Prayer

- **A Quick Thank You** Come together as a family and say a quick prayer before bed, thanking God for another day. See if there is anyone your child(ren) would like to pray for.
- **Sample Bedtime Prayers**
 - **Now I Lay Prayer** Now I lay me down to sleep, I pray the Lord my soul to keep. If I should die before I wake, I pray to God my soul to take. If I should live for other days, I pray the Lord to guide my ways. Amen.
 - **Angel of God Prayer** Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.
 - **Watch, O Lord Prayer** Watch, O Lord, with those who wake, or watch or weep tonight, and give Your angels charge over those who sleep. Tend Your sick ones, O Lord Jesus Christ; rest Your weary ones; bless Your dying ones; soothe Your suffering ones; pity Your afflicted ones; shield Your joyous ones; and all for Your love's sake. Amen.