

## **PRAYER OF SPIRITUAL COMMUNION**

My Jesus, I believe that you are present in the most Blessed Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace you as if you have already come and unite myself wholly to you. Never permit me to be separated from you. Amen.

## **NOVENA PRAYER TO MARY AND JOSEPH**

O Blessed Virgin Mary and St. Joseph, the Father chose you and entrusted to you the role of caring for Jesus Christ, His only-begotten Son. As Mother of the Church and Patron of the Universal Church, you watch over and pray for us, bringing down upon us God's blessing and grace. We ask for your intercession now for the Lord's guidance and protection in our time of need. We pray for peace and freedom from anxiety, protection from the Coronavirus, for victims of the virus and their families, for health care workers, those working on treatments for the virus, for civil and religious leaders, that they make wise and prudent decisions, as well as for the many intentions we hold within the silence of our hearts. We ask this in the name of Jesus Christ Our Lord. Amen.

## **A MEDITATION ON THE MOST HOLY TRINITY BY FR. BEDE JARRETT, O.P.**

By my belief . . . in the Holy Trinity I acknowledge in one single God, Power, Wisdom, Love, and I repeat that these three are one. Therefore are these three inseparable. I cannot suppose that one can operate without the other two, since it is part of my belief that they constitute a Trinity and a Unity. Now surely I do see what an immense effect such a doctrine must have upon my life. It is no mere question of theologians, but one that concerns every living soul. Whatever is allowed by God's Power must be guided by His Wisdom and urged on by His Love. All that happens to me in life, the little worries and the great anxieties, the crises and the daily annoyances, the sorrows and joys, the harms that reach me through the sins of others, the great crimes of history, the huge and devastating wars, the partings and loves and whole cycle of human experience, are permitted by Power, which itself is wise and loving. These three Persons determine my life, and, since I walk by faith, I must surely grow very patient in my attitude to life. For how can I complain or criticize God's providence, since it all comes under that triple influence of Power, Wisdom, Love. Under the guidance, then of this mystery I can walk through the valley of death or the more perilous borders of sin without loss of courage or hopefulness. Nothing can make me afraid. How these are separate yet one I do not know, nor can I reconcile in my concrete experience the claims of each. It is always a mystery, but a mystery in which I believe. Whatever Power allows on earth is designed in Wisdom and attuned by Love.

## **A MEDITATION ON GOD'S PROVIDENCE BY ST. JOHN HENRY NEWMAN**

God has created me to do Him some definite service; He has committed some work to me which He has not committed to another. I have my mission—I may never know it in this life, but I shall be told it in the next. Somehow I am necessary for His purposes, as necessary in my place as an Archangel in his—if, indeed, I fail, he can raise another, as He could make the stones children of Abraham. Yet I have a part in this great work; I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good, I shall do His work; I shall be an angel of peace, a preacher of truth in my own place, while not intending it, if I do but keep His commandments and serve Him in my calling.

Whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve Him; in perplexity, my perplexity may serve Him; if I am in sorrow, my sorrow may serve Him. My sickness, or perplexity, or sorrow may be necessary causes of some great end, which is quite beyond us. He does nothing in vain; He may prolong my life, He may shorten it; He knows what He is about. He may take away my friends, He may throw me among strangers, He may make me feel desolate, make my spirits sink, hide the future from me—still He knows what He is about. Therefore I will trust Him.