

As our nation and the world faces the crisis surrounding COVID-19, many dioceses and parishes have taken the extraordinary measure to cancel the celebration of public Masses and in some cases dispense the faithful from their Sunday obligation. This has been done as state and local governments have begun to limit large gatherings of people in order to limit the spread of the virus and ultimately keep us safe.

During this time, especially during the Lenten season, we wanted to remind you that EWTN broadcasts the daily Mass live at 8am Eastern from Our Lady of the Angels Chapel on the EWTN campus in Irondale, Alabama. You can watch live on TV or online via streaming at [ewtn.com/tv/watch-live](http://ewtn.com/tv/watch-live).

You can also listen to the Mass live on the radio, SIRIUS/XM, or listen online at [ewtn.com/radio/listen-live](http://ewtn.com/radio/listen-live).

If you missed the live stream, [you can get today's daily readings and homily at this link](#).

[Click here](#) to find EWTN on your local cable/satellite provider or [click here](#) to find our radio schedule.

Other web pages:

[Vatican News Live Stream of Pope Francis' Masses](#)

[Catholic TV Mass](#)

[Basilica of the National Shrine of the Immaculate Conception](#)

Live Stations

[USCCB](#)

[CRS](#)

[Resources from our Dioceses](#)

**When it is not possible for one reason or another to receive Christ sacramentally, or at any time when one ardently desires to receive Jesus, one can receive him spiritually, pronouncing the following formula with fervor, demonstrating to Jesus the sincere desire to be with the.**

**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.**