

Dear Parishioners,

Who would have dreamed two weeks ago that we would be here. But here we are, and God's providence is still at work. Whether it's good or bad, God is still guiding us with His grace and mercy. As I mentioned last week in my homily, our faith tradition has a long history of taking retreats. Retreats are meant to be times when we withdraw from the world and quiet ourselves so that we can listen for God's quiet and constant voice. We priests are required to do this every year for the well being of our soul. I am certainly no expert on this, but here a few thoughts that might help us during this time of retreat to be more open to God in our life.

I was trained by Benedictine monks. One of our former pastors, Fr. Severin, was a monk of St. Meinrad. I have always found Benedictine spirituality to be immensely helpful in my life. Their motto of "Ora et Labora" is not just good for them but great of those of us who work and yet want to maintain a spiritual life. I have found the praying and working go hand in a hand and so much of what I have to offer is based on their long and venerable tradition of "Prayer and Work".

While on retreat, it is essential to set goals and even a schedule. Some of us are very detailed oriented so it is easy to do this. For others, this will be a struggle. We don't have to be super detailed but setting up our day with structure will help us and give us direction. Setting aside time for work and prayer is necessary. Parents know when the family schedule gets off track that things can get hairy and this time is no different. So, my first suggestion is to set a schedule for yourself.

- + Use this time to sleep more and rest but do it at a set time. Don't stay up forever playing video games or watching YouTube. Set a bedtime and wakeup time even if its longer.
- + Our meals will be taken at home. Set that time. Take turns helping to make it.
- + Once you have sleep and meals set, now you have blocks of time in between. Divide these up with work, play, and prayer. I would suggest attaching prayer to meals as these will be a constant. Expand that prayer out beyond the meal prayer. Add in prayers that you like or prayers that we suggest below. When it comes to work, begin and end it with a simple prayer.
- + St. Benedict saw physical labor as a very important piece to our life. So, while you might have the kids do schoolwork, don't be afraid to do other physical projects. Whether it's gardening outside, picking up sticks, or walking or playing with the dog, do something that is physical. This could also include times for walking, playing catch, and other exercise. Work can also include art. Playing an instrument, painting, coloring, building with Legos are all good forms of work as well.
- + Then fill in other times with leisure. Watching a moving, playing video games, and doing something that is enjoyable.

- + In the evening, and during the times of prayer, encourage silence. We fill our life with noise. This often helps us avoid the tougher thoughts that we don't want to think about. Prayer, and silence in prayer, is a good time bring these hard things before the Lord.

Often times when we go on break, we throw schedules out the door, but we all know this break is different from anything we have ever experienced. So, use that as an excuse to make this time different. I think if we try this in our life we will be pleased with the outcome. It will give a sense of accomplishment during a time that will be a challenge. Each one of you has a different life. Some of you are stay at home parents, some are empty nesters or retirees. Each of us has a schedule already set in our life. This can be used within any framework for our life, no matter how much or little time we have on hand to work with.

Many people have seen and asked if we are going to do Facebook live or stream of our Masses. After thinking about this, we have made the decision not to pursue that. There is already an amazing amount of televised, streamed, or web-based Masses offered. These places have the resources and staff to do these well. Therefore, we have compiled a list below of some resources that we know are reputable and good. Also, this time offers our diocese an opportunity to gather and watch a Mass celebrated by our bishop each week. He is our leader, and during this time we should all be looking to him and trusting in his words. I will continue to post my weekly homily online. We are going to try and do this via our e-bulletin and, of course, continue to post it on our website as we have been doing. I really encourage families to set aside time on the weekend to watch the Sunday Mass or at least read the weekend readings and listen to my homily. Of course, you can do both and more.

As with the Eucharist, our other sacraments such as Reconciliation, Baptism, Confirmation and Matrimony are also suspended. The only sacrament available is Anointing of the Sick. I still plan to visit anyone that is sick and requests a visit. However, I expect that during this time my schedule will become filled with such calls. Please don't hesitate to call but please, please, please do not wait until the last minute to do so as it could be 24 hours before I can get out. Obviously, surprise emergencies happen, and I'll respond as best I can, but please don't wait if you are getting sick. Also, there is a strong possibility that if you end up hospitalized and diagnosed with COVID-19 that I will not be allowed in to see you. I'm doing my best to make this happen, but again, call early instead of waiting until it's too late. I cannot anoint for seasonal allergies, that are sure to start flaring up soon, but I can and will anoint for the flu and viruses going around, particularly if you are in one of those at-risk groups.

During this time, it is especially important that we keep an eye on our elders and shut-ins or others with special needs. It's a great thing for families to help with yard work or simple chores that they need or even just giving them a call and seeing if they are ok. We live in a world where communication is easy and available so let's use it to stay connected. Don't be afraid to reach out and help folks, but some of us will also have to be open to being helped. If you are living

alone and are struggling with feelings of isolation or need assistance with food or basic necessities during this time, please call the Parish Office at 317-462-4240.

Also, it's important to check our Facebook page, website, and e-bulletin for information during this time. Construction is still happening, and we have much to be excited about even now. Encourage others to sign up and connect to the parish as well via our e-bulletin, Facebook page, and parish app. Of course, as a pastor, I must mention that we still rely on your financial support during this time. We are still paying our employees and have bills. We are doing all we can to reduce those bills during this time, but like you, our spiritual home still has needs. If you have not signed up for online giving, you can do so through our website or by calling the office.

Stepping back from our busy lives will be a challenge. We must remember that we do not ultimately control our plans, schedules or even routines. It is God that grants us these gifts and our gratitude to Him should remain even when what we are used to is taken away. I pray that you will be able to see God at work in all the events we are experiencing. Please be assured for my prayers for you and keep me in prayer as well. I will certainly remember you in the daily Mass that will be celebrated here on our campus. I will also still be praying the Stations of the Cross every Friday at 6pm. I hope you will join me at that time from your home. We will be distributing the station booklets via the e-bulletin.

Sincerely,

Fr. Aaron Jenkins

## **Resources During the Suspension of Masses**

### **Mass Online**

<https://www.archindy.org/worship/coronavirus2020-streaming.html>

<https://www.wordonfire.org/daily-mass/>

<https://www.ewtn.com/catholicism/daily-readings>

<http://www.catholictv.org/masses/national-shrine-mass>

<https://saintpatrickscathedral.org/live>

### **Daily/Sunday Readings**

USCCB – [www.usccb.org](http://www.usccb.org)

Lanky Guys (Sunday Reading breakdown) - <https://player.fm/series/lanky-guys>

Daily Bread radio program offers reflection on the Scriptures on the Laudate app –

iPhone: <https://apps.apple.com/us/app/laudate-1-catholic-app/id499428207>

Android:

<https://play.google.com/store/apps/details?id=com.aycka.apps.MassReadings&hl=en>

Bible Telephone Line (daily 5-minute teaching on one or more of the daily Mass readings). The line can be accessed by phone 24/7: [513-823-3111](tel:513-823-3111)

### **Liturgy of the Hours**

Praystation Portable (also a podcast) - <http://psp.libsyn.com/>

Universalis - <https://www.universalis.com/-700/today.htm>

iBreviary - <https://www.ibreviary.org/en/>

### **Stations of the Cross**

<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/stations-of-the-cross/index.cfm>

### **Rosary**

<https://therosary.online/>

### **Chaplet of Divine Mercy**

<https://www.youtube.com/watch?v=oUtqwdaSzx0>

### **Liturgy Guys (episode on COVID-19)**

<https://www.liturgyguys.com/>

### **Music**

OCP Playlist - <https://www.youtube.com/playlist?list=PLZrXiYyPjter5p9jtRatD0ZBwk45uFqUb>

Spotify Lent -

<https://open.spotify.com/playlist/0Oy7D1BsaG3kCxEgwOWpo9?si=Smd0frQFRXGKxA-5j1xy6Q>

### **Books**

*Prayer for Beginners* by Peter Kreeft

<https://www.ignatius.com/Prayer-For-Beginners-P1942.aspx>

*The Rule of St. Benedict* by St. Benedict

<https://www.amazon.com/Rule-Saint-Benedict-St/dp/037570017X>

### **Spiritual Communion Prayer:**

*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.*