



Dear Parish family,

It's only 10am as I sit down to write you and I already feel like going back to bed. Granted I did get up at 4:45am; had a good breakfast; prayed; offered Mass; and got the office staff scrambling over my latest ideas on how to connect with you. So why do I suddenly feel so tired? Perhaps for the same reason many of you do. We are overwhelmed by this storm of change in our lives.

Just yesterday evening I went shopping for my sister who is now afraid to enter a grocery store. She gave me a list of items many of which I've never purchased. In fact, I made three laps around produce before I found the kale and ginger root. Other brand name items, as you know, were completely gone. Toilet paper was available but not distilled water. At one point I texted my sister out of frustration and said, "I really hate shopping. No wonder I don't eat any better than I do." But I felt much better later in the evening after enjoying a delicious factory-made chicken pot pie just like my mom used to heat and serve.

So how are we to cope in this new paradigm? For starters, DON'T GO BACK TO BED! Instead, I suggest you come and rest with our Lord Jesus in Eucharistic Adoration from 8am to 8pm every day in the church. This is an ESSENTIAL SERVICE for your soul. There are 4 disinfectant gel stations as you enter and leave with lots and lots of space to maintain a healthy social distance. Plus, our janitorial staff is wiping down the church every night!

While visiting with Jesus, feel free to do any of the following:

- Read the Sacred Scriptures, especially the Sunday and Daily Masses readings as well as the Psalms (<http://www.usccb.org/bible/index.cfm>)
- Recite the Rosary (<https://www.rosarycenter.org/homepage-2/rosary/how-to-pray-the-rosary/>)
- Recite the Chaplet of the Divine Mercy (<https://www.thedivinemercy.org/message/devotions/pray-the-chaplet>)
- Recite the 30 Day Prayer to St. Joseph (https://www.stjosephsite.com/SJS_Thirtydays.htm)
- Make the Stations of the Cross (<http://www.the-latinmass.com/id78.html>)
- Rest your mind, your heart, your soul, and body in the Real Presence of Jesus.

Regarding this last suggestion, it's okay if you happen to doze off. Just don't make a habit of it. Snoring is not liturgical music! Also, you may see me in the church sporadically throughout the day or over at the home. Here are a few particular ways we can and will be connecting:

1. Beginning this Saturday from 11am to Noon, I will be hosting a weekly Parish UPDATE and Q&A session on our Facebook page at www.facebook.com/SaintMonicaMI/. Please submit your questions before 10am to Michael@stmonicami.org. All are welcome.
2. Scheduled confessions have been moved to the Family Center. Please enter through the main doors of the church and follow the signs. Only one penitent is allowed in the Family Center with me at a time. Please maintain a safe social distance. All penitents will be accommodated. Furthermore, I am ALWAYS available for a spur of the moment confession wherever you find me. The only restriction is it must be in person.
3. Just like confession, I am available on demand for the Anointing of the Sick whether at church or your home. So tap me or call me. Furthermore, I will offer this sacrament randomly in the church and communicate to all present at that moment who wish to receive. Unfortunately, this cannot be scheduled as that would constitute a public gathering contrary to the Archbishop's directive and government mandate.
4. We are recording and making available to you Sundays and weekdays private Mass on our website at www.stmonicami.org as well as on our Facebook page and YouTube page <https://www.youtube.com/channel/UC-R1vEh9ke00wVOF8MHvMA>.

One more thing, especially for those of you who cannot come to church at this time, we soon will be STREAMING Eucharistic Adoration LIVE. The new camera equipment should arrive Tuesday and hopefully we will have it up and running on Wednesday. So be on the lookout for an email from us with instructions as to how you and your family can spend face time with Jesus wherever you are!

In the meantime,

Pray, Hope, and Don't Worry!

Faithfully yours,
Fr. Freitag