



St. Mary of the Purification Parish

230 Queen Street East, P.O. Box 128,
Mount Forest, Ontario
NOG 2LO Canada

April 3, 2020

My Dear Parishioners,

Greetings;

I am writing this letter to let you know that I am well and continuing to pray for you and your families on a daily basis. I encourage you also to pray for yourselves, your families, your friends, and neighbors and to ask God to protect you and them from the effects of this virus. Please keep me also in your prayers.

The virus is not only affecting people's health but their ability to earn a living or an education. Please pray that all people will show their concern and compassion for others. There will be more people needing financial assistance and making use of services such as the food bank. If you know someone who may be suffering in some way whether it be loneliness or an inability to get to the grocery or drug store offer them encouragement or assistance if you can.

This is a God given opportunity to pray more and to be connected with God. Please pray. Recite Psalm 91 every day before you go to sleep. Pray the Rosary. Read the Bible. Let us also listen in silence to God to see what is being said to us at this time. If you can watch daily Mass on TV or on your computer, smart phone, tablet, iPad or whatever electronic device is available to you (www.archtoronto.org) please do so. God is speaking to us through these events.

This coming Sunday is Palm Sunday and the beginning of Holy Week. This is a week that can be filled with God's blessings. Though we can not come together to worship and participate in our Holy Week Services, let us make an effort and participate virtually. There will be a short half hour Mission on Vision TV this week around 8:00 p.m. If you watch daily Mass on Vision TV it will tell you the date and time of the Mission.



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Let us also spend quality time together with our family members and share our family values and prayer traditions.

I miss seeing everyone at daily and weekend Masses. I hope the physical distancing and closure of non-essential services/businesses will only continue for a short period of time and that our activities will soon return to normal. I assure you that you and your family members are remembered in my daily prayers and Holy Mass.

Again, let us take seriously this Pandemic situation and try our best to stay at home and listen to the instructions of the Government. Let us follow the Public Health instructions especially washing our hands, staying at home and practicing social distancing.

Remember these powerful prayers that could be used at this time to ask God to protect our families during the Coronavirus Pandemic – The Rosary, The Divine Mercy Chaplet, Psalm 91, The Memorare, Prayer to Saint Michael, and various other prayers.

I will continue to be available to you by means of phone or email. 519 323 1054
stmarypastor@wightman.ca

God Bless all of you.

Sincerely in Christ, Your Pastor

S. Joe Sunnystan

Rev. Fr. Joe S. Selvanayagam

Pastor

Psalm 91 (NRSV)

Assurance of God's Protection

- 1** You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
2 will say to the LORD, “My refuge and my
fortress; my God, in whom I trust.”
- 3** For he will deliver you from the snare of the
fowler and from the deadly pestilence;
4 he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
- 5** You will not fear the terror of the night,
or the arrow that flies by day,
6 or the pestilence that stalks in darkness,
or the destruction that wastes at noonday.
- 7** A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
- 8** You will only look with your eyes
and see the punishment of the wicked.
- 9** Because you have made the LORD your refuge,
the Most High your dwelling place,
10 no evil shall befall you,
no scourge come near your tent.

11 For he will command his angels concerning you to guard you in all your ways.

12 On their hands they will bear you up,
so that you will not dash your foot against a stone.

13 You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.

14 Those who love me, I will deliver;
I will protect those who know my name.

15 When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honor them.

16 With long life I will satisfy them,
and show them my salvation.

Prayer for Spiritual Communion

At Thy feet, O my Jesus, I prostrate myself and I offer Thee repentance of my contrite heart, which is humbled in its nothingness and in Thy holy presence. I adore Thee in the Sacrament of Thy love, the ineffable Eucharist. I desire to receive Thee into the poor dwelling that my heart offers Thee. While waiting for the happiness of sacramental communion, I wish to possess Thee in spirit. Come to me, O my Jesus, since I, for my part, am coming to Thee! May Thy love embrace my whole being in life and in death. I believe in Thee, I hope in Thee, I love Thee. Amen.

(Pope Francis - March 19, 2020)

The Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided.

Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

Pope Francis' Prayer to Our Lady, Health of the Sick

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

(Pope Francis - March 2020)

Prayer to St. Michael the Archangel

St. Michael the Archangel, defend us in battle.
Be our defense against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly hosts, by the power of God, thrust into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

How to Recite the Divine Mercy Chaplet

(The Chaplet of Mercy is recited using ordinary rosary beads of five decades. The Chaplet is preceded by two opening prayers from the Diary of Saint Faustina and followed by a closing prayer.)

1. Make the Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

2. Optional Opening Prayers

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

3. Our Father

Our Father, Who art in heaven, Amen.

4. Hail Mary

Hail Mary, full of grace. Amen.

5. The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

6. The Eternal Father (*on the "Our Father" bead*)

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

7. On the 10 Small Beads of Each Decade

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

8. Repeat for the remaining decades

Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

9. Conclude with Holy God (Repeat three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

10. Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.