



MONTROSE SCHOOL

Where girls are called to greatness

March 14, 2020

Dear Montrose Community,

I assure you of my continued prayers during this unusual and challenging time. Let us all strive to live through these challenges with a great trust in God and love for our neighbor. As Our Lord says in the Gospel of John, "In the world you will have tribulations, but be of good cheer for I have overcome the world." As our beloved Fr. Dick would put it, "God is in charge."

As you may know, the Archdiocese of Boston has suspended most public Church activities, including Sunday and weekday Masses. In doing so, Cardinal O'Malley has dispensed all Catholics of the archdiocese from the obligation of Sunday Mass attendance. While accepting this dispensation with peace and gratitude, let us be sure to find other ways of keeping Sunday very much "the Lord's Day." Some possible ways of doing this are following the Mass on CatholicTV or EWTN, reading and reflecting on the prayers and readings of Sunday's Mass, praying a family rosary or another family prayer.

As long as Masses are suspended, the devotional practice of making "Spiritual Communion" could be particularly helpful and consoling. In his last encyclical, St. John Paul II wrote the following regarding this practice, "it is good to cultivate in our hearts a constant desire for the sacrament of the Eucharist. This was the origin of the practice of 'spiritual communion,' which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life. St. Teresa of Jesus wrote: 'When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.'"

St. Josemaria recommended the following prayer for making a spiritual communion, which he learned as a boy preparing for his first Holy Communion: "I wish my Lord to receive you with the purity, humility, and devotion with which your most holy Mother received you, with the spirit and the fervor of the saints."

Please count on my prayers for you and your family and be sure to keep the entire Montrose community in your prayers as well.

Sincerely,

Fr. John Grieco
Chaplain

[Visit our website](#)

