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# SPIRITUAL COMMUNION

**Spiritual Communion** is an ardent desire to receive Jesus in the Most Holy Sacrament and lovingly embrace him at a time or in circumstances when one cannot receive Him in sacramental Communion. God is not constrained by any limitations or restrictions. When an individual who desires a Eucharistic closeness with God cannot come to church, the grace of a spiritual communion is available.

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## 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 in my soul.*

*Since I cannot 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*



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# MASS SCHEDULE

## Weekend Mass at St. Paul Church:

Saturday vigil at 4:00 p.m.

Sunday at 8:00 a.m.

Sunday at 9:30 a.m.

Sunday at 11:15 a.m.

In-person Masses are limited to 100 people. Masks are required. Social distancing protocols are in place.

## Holy Communion available immediately following weekend Mass:

Saturday at 4:45 p.m.

Sunday at 8:45 a.m.

Sunday at 10:15 a.m.

Sunday at 12:00 noon

*Holy Communion distribution  
concludes at 12:30 p.m. each Sunday.*

All WEEKEND Masses are livestreamed [www.isidoreandmaria.org](http://www.isidoreandmaria.org), as well as on Facebook and YouTube.

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## SS. ISIDORE AND MARIA PARISH

ST. AUGUSTINE  
CHURCH

55 Hopewell Road  
South Glastonbury, CT

ST. PAUL  
CHURCH

2577 Main Street  
Glastonbury, CT

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# REDISCOVER THE EUCCHARIST

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*“There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us.”*

- St. John Maria Vianney





# A LETTER FROM FATHER MARK

October 2020

As we continue our journey through this challenging time of pandemic and change, it is good to reflect upon our relationship with God, the Church, and the sacraments. Of particular interest is the **Sacrament of the Most Holy Eucharist** and what this beautiful encounter means to us as faithful disciples of Jesus Christ.

Encountering and receiving God's presence, physically or spiritually, is pivotal not only for our own spiritual lives, but for the relationship we share with one another as the Body of Christ. We are companions on the journey of faith. It is the Eucharist that connects us most specifically with the poor, allowing us to recognize Christ in those most needy and vulnerable among us. Being strong in our mission of advancing the Gospel is what allows us to be Eucharist for others and bring healing to the ills and divisions that abound in our world. The world desperately needs the Eucharist. People are struggling to find happiness and craving it. Sadly, many are looking for happiness in places that are empty. What they actually need, but don't realize, is God and God's greatest gift.

As your pastor, I found myself wondering how I could make the actual reception of Christ in the Eucharist more accessible given this unprecedented situation. Providing a safe, reverent and easy way for people to receive the One they need and desire is what led to my decision to **distribute Holy Communion AFTER every Sunday Mass**. *You do not need to attend the actual Mass*. You may either attend Mass in-person, or participate in Mass from your home or vehicle via the parish livestream. From the parking lot of St. Paul Church, we welcome you to access the parish wireless network called: **isidoreandmariaguest**. Please use the password **isidore2577**.

If you have not done so already, I personally **invite you to consider returning to a regular reception of the Holy Eucharist**, either in-person or spiritually. I hope to see you soon, if not actually at Mass or afterward, for the reception of this precious gift, and, in the future, when a safe return is possible. In the meantime, know that you have my thoughts and prayers. Please keep me in yours.

Sincerely Yours in Christ,

Rev. Mark S. Suslenko, Pastor  
SS. Isidore and Maria Parish

## RECEIVING HOLY EUCHARIST DURING THE PANDEMIC:

The Holy Eucharist is distributed safely and reverently **AFTER** every weekend Mass. Here's what you need to know:

- Wear a mask
- Receive the consecrated host in your hand
- Step to the side
- Lower your mask
- Consume the host
- Replace your mask
- Offer a brief prayer of thanksgiving
- Exit the church following the arrow indicators

Please remain at least six feet from other parishioners. Additional COVID-19 precautions are detailed on the parish website.

Questions? Our volunteer ushers are here to help. Proper COVID-19 precautions are enforced and maintained at all times.

*To see Father Mark's full pastoral letter on receiving communion during the pandemic, please visit [www.isidoreandmaria.org](http://www.isidoreandmaria.org).*