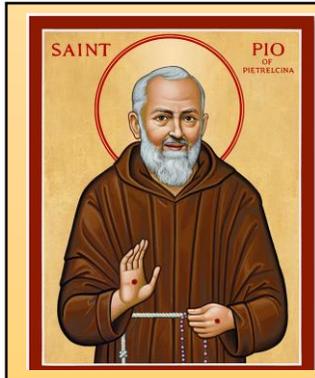


Immaculate Conception Parish Update

Tuesday, March 24, 2020



Pray, hope, and don't worry.
Worry is useless. God is
merciful and will hear your
prayer.

St. Pio

Hi Everyone!

I'm sure the sun will shine some day and it will warm up again. It's a little chilly this morning though. It was odd this weekend with no one at Mass. But we should still keep up with our prayers to nourish our spiritual lives. Here's a suggestion since we don't have Mass.

1. Read the scripture readings for the day. Reflect on the readings. St. Ignatius suggested that if the Gospel contains a parable read through it a couple times and see if you connect with one of the persons in the story.
2. If you have the Word Among Us or Magnificat missalette you can pray the prayers for the Mass of the day.
3. Don't forget your intercessory prayers. Pray for our world, your family, friends, and neighbors. Pray for healthcare workers, first responders, and scientists. Pray for all of those who are still working so the grocery stores, gas stations, restaurants, and pharmacies stay open. Pray for the Church. Pray for an end to this pandemic. Pray.
4. Finally, when you reach the point in the prayers when we would normally receive the Eucharist you can make a spiritual communion. Ardently recite the following 18th century prayer of St. Aphonusus Liguori:

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now 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.

5. Make your prayer of thanksgiving.

Remember:

1. Wash your hands with warm, soapy water for at least 20 seconds (under and around your nails too!
2. Cover your coughs.
3. Social distancing is the new buzz word...remember to try to maintain a minimum of 6 feet between you and other people.
4. Avoid large gatherings of people.

If you'd like to watch Mass online, I'd suggest watching Bishop Robert Barron. He can be found on the Word on Fire website. The Mass is posted daily around 8:15 AM. The website is:

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

Watch the Mass and pray the rosary at Ascension Press online at:

<https://www.facebook.com/AscensionPress>

Remember that the Church and office are open Tuesday through Friday from 8:30-12 Noon for private prayer.

Backpacks for Kids: Many kids who rely on the school lunch program to receive nutritious meals are going to be severely impacted by not attending school. The elementary school in Colfax is hoping to be able to provide breakfast and lunch meals to kids but suppers might be difficult. In your generosity, if you could continue to drop food by for the backpack program weekly or so that would be very helpful. The Church will be open Tuesday through Friday from 8:30-12 Noon and on Saturday from 10:00-11:00 AM.

Prayer List: If there are people you would like for us to pray for please send their names to me and I'll add them to our prayer list.

- Healthcare workers, EMTs, and other caregivers during this time. For their health and safety.
- For scientists and doctors who are working to develop a cure or vaccine to combat the coronavirus.
- For those who are worrying about where their next meal might come from, for those who have lost their jobs because their business is no longer open, for those who are worrying about finances, health, loved ones, or who are anxious or frightened.
- For those who are not able to visit loved ones in hospitals and nursing homes, for their family members.
- For those who are stricken with CORVID-19 or any other disease, for those in danger of death.
- For our government leaders.

You can drop your offertory envelopes off at the office, mail them to the office, or even better contact the office for an ACH (automatic giving) form.

Questions or concerns please call the parish office (515-674-3711) or Fr. Ron (563-676-3625). If your call isn't answered immediately, please leave a message and we'll get to you soon.