



## SPIRITUAL FOOD FOR LENT

If you are looking for a way to make and keep this Lent holy, you might try "The Liturgy of the Hours."

You may not know, but priests and deacons have an obligation to pray for the church every day. We pray what is called "The Liturgy of the Hours" which is sometimes called the Breviary or Christian Prayer is a program or discipline to help make the entire day full of prayer and worship.

When I've gone on retreat (Gethsemani, Kentucky) with the Trappist Monks who celebrate all of the hours... they started their day with the Office of Readings at 2am. They had Morning Prayer at 5:30am with Eucharist following. At 9am they had Midmorning Prayer. At noon they had Midday Prayer. At 3pm they had Midafternoon Prayer. At 6pm they had Evening Prayer. At 7:30pm they had Night Prayer. (They adjust their times based on sunrise and sunset... and the monks were expected between the Office of Readings and Morning Prayer to spend their time in study and growing in knowledge of the faith.)

I love praying with them as they chant and sing the Liturgy of the Hours. I must admit that it is their practice of silence, with only essential communications spoken, which on the third day causes me to miss the busyness and constant barrage of noise so common in our society.

As a priest I generally pray Morning Prayer, The Office of Readings (any time of the day), Evening Prayer and Night Prayer. I sometimes pray the other prayers during the day. I use the "player fm" to turn my driving time into prayer time. I use it to pray the "Divine Office" on Audio. Tell google "Liturgy of the Hours audio" and it will appear. You do need to scroll down to the proper podcast. I run it through my browser and my car, my dog walk or office becomes a chapel. If you prefer text, the priests of Los Angeles use the "IBreviary" application.

I find it a great way to keep my heart and mind "Stayed on Jesus." The opening hymn often gets stuck in my mind, which is better than other stuff that might be the soundtrack of my day. Try it! It can change both you and your day.

Please do pray for all those on our parish sick list. I would suggest praying the rosary and as you do each "Hail Mary" call to mind or name a person you wish to lift up in prayer... and perhaps include the names of our parish's sick.

I would appreciate the names of doctors, nurses and those caring for the sick from our parish. I want to pray for them in a special way during these challenging days.

Thank you for your continued prayers and support,  
Fr. Bill

Dear Brothers and Sisters in Christ,

I just participated in a video meeting with the Archbishop regarding what the shepherd of the church of Los Angeles is asking of pastors within the diocese. Here is what we will be doing at St. Jerome's.

**EVERYDAY** the church will be **OPEN FROM 8AM UNTIL 3PM**. The Blessed Sacrament will be exposed at that time. Please respect the requirement that we have no more than 10 people in church at anytime. Also, do keep the six foot separation for non-family members.

**CONFESSIONS** will be available in the garden area of the rectory (the back entrance, half-way up the stairs to the church). Confessions will be available from 8am to 10am on **WEDNESDAY** and **FRIDAY**. Confessions will be available on **THURSDAY** and **SATURDAY** from 11am to 12:30pm. If these times do not work because of your responsibilities, call 424-543-4681 and leave a message. We will schedule a more convenient time.

**ANOINTING OF THE SICK** call 424-543-4681 and leave a message. Please note that danger of death calls get priority over confession times.

**FINANCIAL ASSISTANCE** may be available for parishioners through the Cardinal Macintyre Fund. Contact Juanita for the documentation and bills which parishioners need to get this one time grant.

I do need your help. I was told today that the earliest we will have public mass is April 19th. Our parish needs your assistance. Without Sunday services our income is minimal yet bills continue to arrive. Please mail in your Sunday donation or donate to our parish at our website. Thank you for your generosity.

SUGGESTION: Why not pray together as a family and/or call someone you love on Saturday and ask them to pray A Spiritual Communion with you?

### A SPIRITUAL COMMUNION SERVICE (March 21st)

**SIGN OF THE CROSS:** In the name of the Father...

**FROM THE GOSPEL ACCORDING TO LUKE (Lk 18:9-14)**

Jesus addressed this parable to those who were convinced of their own righteousness and despised everyone else.

“Two people went up to the temple area to pray; one was a Pharisee and the other was a tax collector. The Pharisee took up his position and spoke this prayer to himself, ‘O God, I thank you that I am not like the rest of humanity — greedy, dishonest, adulterous — or even like this tax collector. I fast twice a week, and I pay tithes on my whole income.’ But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, ‘O God, be merciful to me a sinner.’

I tell you, the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.”

The Gospel of the Lord. Praise to you, Lord Jesus Christ.

(If time permits, invite your beloved or family members to share a thought on the scripture if they desire to.)

### LITANY FOR THE SICK

Let us pray to God for those who are sick and for all those who care for them.

Bless the sick with hope and strength: Lord, have mercy. *R. Lord, have mercy.*

Relieve their pain: Lord, have mercy. *R. Lord, have mercy.*

Free them from sin and do not let them give way to doubt or temptation: Lord, have mercy. *R. Lord, have mercy.*

Assist all who care for the sick: Lord, have mercy. *R. Lord, have mercy.*

Guide doctors, nurses and scientists as they seek treatments and cures for the coronavirus: Lord, have mercy. *R. Lord, have mercy.*

Bless and protect our families and friends from all harm, anxiety and evil: Lord, have mercy. *R. Lord, have mercy.*

Watch over our Church and help us to be witnesses of hope, forgiveness and love: Lord, have mercy. *R. Lord, have mercy.*

Now let us make a Spiritual Communion

**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.**

(Pray together an Our Father, a Hail Mary and a Glory Be.)

### BLESSING

**May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.**

Conclude with the Sign of the Cross

### Please Pray for the Sick

Hector G. Amezcua	Jamie Brazile
Vincent Butt	Hazel Chu
Terri Chacon	Rorrie de la Vega
Agatha Ezeani	Xavier Galindo
Mark Gauerke	Anne Gingras
Michelle Gonzalez	Dindo Honrado
Monique Isaac	Eileen LaCasse
Tom Lenert	John Marcello
John McCreary	Louise Meehan
Caroline Metz	Allene Muccia
Nina Mueller	Scott Petty
Sam Quatto	Eileen Reyes
Maria Ross	Genny Sotto-Camor
Dianne Smith	Betty Spindler
Gary Steed	Brooklyn Dvi-Vardhana
Cynthia Flores Zapata	Natalie Tun

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	Principal: Mr. Tom MacDonald	