

## *Fourth Sunday of Lent ~ March 22, 2020*

In light of the Coronavirus, Archbishop Cordileone has directed Saint Vincent de Paul Parish (and all churches of the Archdiocese) to suspend our normal Mass Schedule and all parish activities.

Mass is broadcast each Sunday morning at 6am on KOFY 20 and KTSF 26; and EWTN.

Fr. Harry's Mass is always accessible on your Iphone, Ipad or Internet at [fatherharry.org](http://fatherharry.org).

In watching the Mass as a family:

Prayers of the Faithful

Everyone could have their personal intention to share.

You can share the Sign of Peace.

Everyone could receive Communion Spiritually.

### **An Act of Spiritual Communion**

**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 into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You are already here and unite myself wholly to You. Never permit me to be separated from You. Amen.**

Even though we can not be physically together as a parish family, we can be spiritually together. Remember to check on your parish family members (and neighbors) who live alone. Stay Safe. Let us pray for each other and for our world!

**First Communion:** Families of Second Graders, who do not attend our School, should contact Fr. Ken ASAP.

**Confirmation:** The books are in for Seventh Graders, who do not attend our School, seeking Confirmation in 2021. Please contact Fr. Ken: 415-922-1010.

**KNOW THAT YOU ARE BLESSED AS A CHILD OF GOD!**