

Some reflections about how to survive without the Holy Mass and Holy Communion without losing our faith and getting bitter.



Dear Brothers and Sisters of Holy Trinity Parish,

With public Masses suspended indefinitely and "stay at home" order issued by the Colorado governor, we are asking how long it might be before we can be present at Mass in our church and receive Holy Communion. That can be especially very difficult for those of us who were daily communicants. Sadness, discouragement, impatience and perhaps anger in our hearts might fight, sometimes, against trust in the Lord, hope and longing for Jesus in the Blessed Sacrament. We may be tempted to become bitter knowing that our access to Holy Communion has been traumatically restricted. At the same time, we learn that on the governmental list of critical retailers that can remain open during the corona virus pandemic are liquor stores, marijuana dispensaries and gun shops. Suddenly, we are made aware of the true face of the society in which we live – a society that has become almost totally de-christianized and focused on pleasure and instant gratification. Instead of becoming discouraged, we need to awaken our desire to live our Roman-Catholic faith with passion. Our devotion to the Lord can set lukewarm hearts on fire with the flame of Divine love.

I would like to share with you, my dear brothers and sisters, some reflections in order to help you nourish your love of our Eucharistic Jesus even as you cannot participate in Mass or receive Holy Communion.

1. The first essential thing is to be confident that the Lord loves us beyond any measure, that He sees our struggle, He knows our longing for Him, and He allowed this tribulation to happen for His mysterious purpose. Jesus will bring greater good from this present evil. He will purify and sanctify us through this tribulation if we deepen our trust in Him and our love of Him. This long Eucharistic fasting will eventually bring great joy if we persevere in our burning desire for the Holy Mass and Communion. *"So you also are now in anguish. But I will see you again, and your hearts will rejoice, and no one will take your joy away from you."* (John 16:22)

2. The word of God in the Scripture is still available to us. It is ***the word that is living and effective, sharper than any two-edged sword, penetrating even between soul and spirit, joints and marrow, and able to discern reflections and thoughts of the heart*** (Hebrew 4:12). Take and read the Bible. Reflect in your heart upon the word that the Lord speaks to you here and now. Live the word that has resonated in your heart. This word has ***the power to save your soul*** (James 1:21). We have to remember that it is through the listening to the word of God that we are being prepared for the fruitful reception of Holy Communion. That's also the structure of the Holy Mass where the Liturgy of the Eucharist follows the Liturgy of the Word.

3. Practice daily Spiritual Communion. You may use the words of prayer composed by St. Alphonsus Liguori or use your own words and invite Jesus to enter your heart spiritually in the same way as He does when you receive Him sacramentally in Holy Communion. You may not

feel much but our Roman-Catholic faith is not a matter of touchy feelings but confidence in Jesus who is always faithful to His promises. ***"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, then I will enter his house and dine with him, and he with me."*** (Revelation 3:20)

4. Unite your heart with the Most Holy Sacrifice of Jesus Christ when you watch live-streamed Mass on TV or computer. Do not watch it as you would a show or entertainment, but resume the postures proper for the Mass - rise for the opening of Mass, be seated for the readings, rise for the Gospel proclamation, kneel for the Consecration and Holy Communion. Turn off your cell phone, as you would do when visiting the church. Our body should be engaged in our worship so that our soul may rise up to heaven. ***"I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship."*** (Romans 12:1)

5. Public Masses have been suspended but Fr. Miguel and I celebrate Holy Mass daily in private and each and every one of you have been in our prayers. We offer those Masses for the intentions as they were scheduled when you asked for them in the parish office. Fr. Miguel and I are indeed very blessed to be able to celebrate Mass daily, but there is deep longing in our hearts to see you again and to feed your souls with Jesus' Body and Blood.

6. There is also one more reflection that comes to my heart while we experience current hardships of having restricted access to the holy Sacraments and our church. I think about countless persecuted Christians living in so many countries of the world under oppressive atheistic, secular or religious dictatorships. Those Christians give proof to their love of Christ by their blood and suffering, imprisonment, unjust discrimination and confiscation of their homes and properties. Yet, they remain faithful and courageous knowing that there is something greater expected of them than the passing things of life here on earth. That something greater is heaven. They live the words of Jesus that ***in the world we have tribulation but we need to take courage because Jesus has conquered the world*** (John 16:33). We need to think, pray and support those persecuted Christians, our brothers and sisters in faith and learn from them. They witness how true perseverance in faith, courage in hope and ardor in love come from our Lord, Jesus Christ to whom be power, honor and glory now and forever. Amen.

With prayer and blessing for the coming weeks of Lent and Easter,

A handwritten signature in black ink, appearing to read "Fr. P. Mozdyniewicz". The signature is written in a cursive, flowing style.

Fr. Piotr Mozdyniewicz
Pastor of Holy Trinity