

## What is a Dispensation from Mass?

A dispensation from the diocesan Bishop releases Catholics from fulfilling their Sunday obligation (Mass). Since public Masses are cancelled in the Diocese of Greatfalls-Billings until March 30, this means that if you live in the Diocese of Greatfalls-Billings, the right thing to do is to stay home for your safety and the safety of others. Though there is sadness for not being able to participate at Mass, one should not feel guilty for not going to Mass. You have a free conscience to stay home.

## What Should I do if I Can't go to Mass?

Catholics are encouraged to make a 'spiritual communion'. St. John Paul II writes that "it is good to *cultivate in our hearts a constant desire for the sacrament of the Eucharist*. This was the origin of the practice of 'spiritual communion', which has happily been established in the Church for centuries and recommended by saints who were masters of the spiritual life. Saint Teresa of Jesus wrote: 'When you do not receive communion and you do not attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.'" (*Ecclesia Eucharistia*, no. 34) We invite you to watch live streaming of the mass with Bishop Warfel Saturday evening and Sunday through the link on Diocesan website [www.diocesegfb.org](http://www.diocesegfb.org). Please also check Father Mingollo weekly homily on his blog

### **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 at this moment 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.