



CHURCH *of the* HOLY CROSS

631 South State Street
Dover, Delaware

302 674 5787
holycrossdover.org

522 Main Street
Marydel, Maryland

410 482 7687
iccmarydel.org



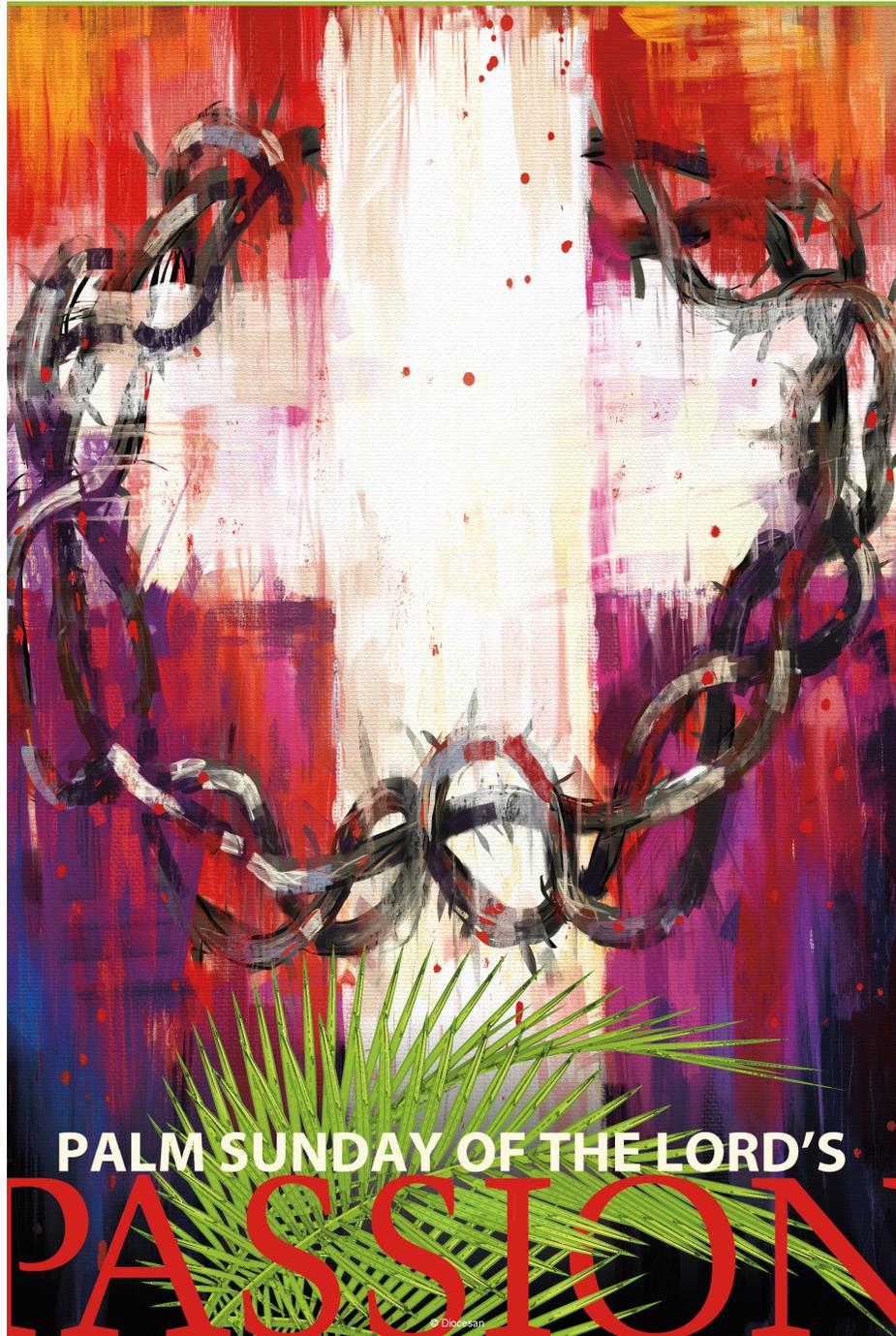
IMMACULATE CONCEPTION CHURCH

April 5, 2020

Palm Sunday

holy cross

icc



PALM SUNDAY OF THE LORD'S

PASSION

RECEIVING THE SACRAMENTS

The seven Sacraments of the Church were instituted by Christ to confer grace.

Sacrament of Baptism. Call the parish office to register for Parent Pre-Baptismal Instruction. For adults seeking to enter the Church and be Baptized, contact our Religious Education Office.

Sacrament of Reconciliation (Confession). Children in our religious education program and school are prepared for Confession at age seven as part of First Communion preparation.

Sacrament of the Holy Eucharist. Children in our religious education program and school are prepared for First Communion at age seven. Adults seeking First Communion should contact our Religious Education Office. To request a visitation for Holy Communion to the Sick, contact our parish office.

Sacrament of Confirmation. Young people in our parish are prepared for reception of Confirmation in the ninth grade (age 14). Adults seeking Confirmation should contact our Religious Education Office.

Sacrament of Marriage. Couples planning for Marriage are to contact a parish priest or deacon one year in advance to set the wedding date and plan for pre-Cana instruction.

Sacrament of Holy Orders. If you believe you have, or someone you know has, a vocation to the Priesthood or Diaconate, please contact one of our parish priests.

Anointing of the Sick. For the Sacrament of Anointing of the Sick, which is administered by a Priest, a person or an immediate family member must make the request. Late night requests may not be able to be answered until the next day.

Check out our websites

holycrossdover.org
iccmaryl.org

- Read daily reflections by our clergy
- Watch Masses from various sources
- Find spiritual readings
- Read about our latest updates

Mass for Palm Sunday will be recorded at Holy Cross Church—check out the website for details.

Watch the website for the Triduum services that will be posted. Easter Mass will also be posted.

Above all else keep praying.

While we are not allowing anyone into the parish offices, you can call and leave messages and we will get back to you.; or, you email us.

Following the directives of our Bishop, the churches will remain locked until further notice. No Masses, no confessions, no gatherings of any type. Funerals will be graveside only and limited to 10 persons including clergy.

WEEKLY OFFERING (HC) ending March 22

OFFERTORY TYPE	RECEIVED	BUDGETED/ NEEDED	DIFFERENCE
Offertory	\$18,781	\$28,000	(\$9,219)
YTD	\$1,066,533	\$1,079,400	(\$12,867)
Needs	\$1,077	\$1,586	(\$509)

WEEKLY OFFERING (ICC)

Ending March 22

OFFERTORY TYPE	RECEIVED
Offertory	\$1,126
Second	\$105

Thank you for your offering. It is with your continued support and the sharing of your time and talent that the ministries, programs, and activities of Holy Cross and ICC are made possible.

“Whatever you give to the Lord, He will return to you a hundred fold.”

Please continue to mail in your contributions during this time that we cannot gather together at Mass. It is through your support that we can continue to operate the parish.

You can also Sign up for Faith Direct or call the office to make your contribution by a credit card. Thank you for your continued support during this time.

Dear Parishioners,

As we continue our time, as a parish, and as a people, in a virtual lock-down, I think there are spiritual lessons to be learned and pondered upon, and answers to be gleaned from the current situation. One of these answers that I am going to commend to you in this column is "Spiritual Communion."

The Current Situation. Over the last few weeks, as you know, there have not been public Masses celebrated in the Diocese. This means that the mass intentions for a given day are still being celebrated by your parish priests, but they are being celebrated in private. This is certainly not the way any of us – not you, not me, not our Bishop – would want things to be, but it is the way things are. And, of course, there is a desire, by the faithful, for the Sacraments – especially the Eucharist. This will be especially painful for all of us during Holy Week and Easter. With that in mind, let me say this current situation and circumstance, which may cause many to be down, crestfallen or depressed, may actually present us with an opportunity for spiritual growth by re-engaging in a long-standing practice of our Catholic tradition called "Spiritual Communion." But more on that five paragraphs from now.

The Troubling. First, however, I want to address a troubling misunderstanding or misapplication of the faith in a few areas. There have been several, in my estimation, ludicrous and revival-tent-like, charlatan-style practices that have been seen in various places, and indeed even requested by some parishioners – these relate to the idea of so-called "drive thru" sacraments. I'm not going to lie, I'm appalled at the idea, and even more appalled at the disrespect and indignity it shows to the Lord and to the Sacraments in general.

Holy Communion is not Fast Food. For those who don't know what this scheme is, it is as follows: since there can't be public Masses or Sacraments, why can't the faithful drive up in a vehicle and have the priest, set up outside in a travel lane on parish property, give you communion (or confession, or hey why not confirmation, baptism or marriage) through your car window. That way people are still isolated (socially distant) but the Sacrament can be received. The problem with this gimmick – and it is a gimmick – is that it reduces the Sacraments, the Eucharist in particular, to being nothing more than a prod-

uct. That is to say, you should not be receiving the Body and Blood of our Lord, or the gift of His forgiveness in the same way you get a Big Mac at McDonald's drive thru.

Turning a Sacrament into a Product. The Sacraments are not products. If they were, then why not put Holy Communion on Amazon or eBay and have the Sacred Host sent to your home like any other product. But we would never do that, because the Sacred Host is not a product, and the Sacraments are not products. They are sacred encounters, and they are to be celebrated with reverence – not with a drive-thru window. They are the Lord being made present to us. The very idea of distributing communion or hearing confession on the equivalent of a fast food line left me appalled. The Sacraments are Sacred Mysteries, and they are not a product to be ordered off a menu, or delivered like a fast food order. And in this regard...

Bishop Malooly Speaks. Our Bishop said it well, in a recent correspondence he wrote: "In light of certain practices that have popped up throughout the country and some questions that have been raised locally, I want to clarify that no sacraments should be celebrated or administered in a 'drive thru' manner. This includes, but is not limited to, the distribution of Holy Communion and the sacraments of Confession... we have to ensure that the dignity of the sacraments is not demeaned by novel practices...." Well said.

Spiritual Communion. So, what does this mean for the faithful Catholic? Does this mean the faithful person can't get communion – ever again? Well, I'll start with the simple answer: It doesn't mean they cannot receive communion ever, but just not now. And it means that the answer to hunger for the sacraments isn't an answer of gimmicks, drive thru lanes, and turning sacraments into products. The answer to the hunger for the Sacraments is to engage in the Catholic tradition of Spiritual Communion, used by the faithful and commended by the saints.

We are Blessed. Some background about our situation. Here in the northeastern corridor of the United States, we are blessed with many Churches, and over the years, many priests, to serve our parish sacramental needs. And, I think that we, the priests and the people, have become spoiled. Relative to much of the world, and indeed, much of our country, we have become used to having access to daily communion, daily

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HC & ICC CLERGY

Vy. Rev. James S. Lentini , V. F.	Pastor
Rev. Idongesit Etim	Parochial Vicar
Rev. Mano Salla	Parochial Vicar

HC CLERGY

Msgr. Daniel McGlynn	Pastor Emeritus
Mr. Philip Belt	Deacon
Mr. John Harvey	Deacon
Mr. Robert McMullen	Deacon
Mr. Scott Peterson	Deacon
Mr. Vincent Pisano	Deacon

ICC CLERGY

Mr. Sherman Mitchell	Deacon
Mr. James Tormey	Deacon

HC STAFF

Parish Office	302 674 5787
Jane Green/Susan Cutrona	Receptionist, ext. 110
Diane Belt	Assistant to the Pastor, ext. 113
Kenneth Trojan	Business Manager, ext. 119
Michele Dornberger	Records/Asst. Bus. Mgr., ext. 116
Arline Dosman	Dir. of Hispanic Ministry, ext. I18
Tammy Korosec	CRE Religious Ed, ext 122
Linda Darling	Youth Ministry, ext. 123
Justin Wurzel	Maintenance Director
Len Dornberger	Cemetery Administrator, ext. 135
Michael Perza	Dir. of Music Ministry, 302 698 9302

MAILING ADDRESS

Church of the Holy Cross
631 S. State St.
Dover, DE 19901

ICC STAFF

Parish Office	410 482 7687
Marilyn Dixon	Office Manager
Alicia Poppiti	DRE Religious Ed.
Susan Venezia	Bookkeeper
Arline Dosman	Dir. of Hispanic Ministry

MAILING ADDRESS

Immaculate Conception Church
P. O. Box 399
Marydel, MD 21649-0399

HOLY CROSS SCHOOL

Catholic Education Pre-K3 to Grade 8
302 674 5787
holycrossdover.org/school

Linda Pollitt	Principal, ext. 111
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MAILING ADDRESS

Holy Cross School
631 S. State St.
Dover, DE 19901

ST. THOMAS MORE ACADEMY

Catholic Education Grades 9 to 12
302 697 8100
saintmore.org

Rachael Casey	Principal
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MAILING ADDRESS

St. Thomas More Academy
133 Thomas More Dr.
Magnolia, DE 19962

mass and communion every Sunday. It is not that way everywhere, and not that way in most of the world, not just historically, but now.

Meanwhile in Nigeria. Fr. Etim was relating to me that in Nigeria, a main Parish would have many outlying mission churches. And that while people who happen to live near the main parish would have access to the Sacraments on a regular schedule, the people outside of the city would have Mass (and access to Holy Communion) at their Churches maybe once every three weeks, and confessions would be limited to a few times a year, and anointing of the sick on an exceptional basis. Likewise, a friend of mine who had family in eastern Oregon noted a similar situation: Mass and communion once a month, in that case. In much of the world, this is the norm.

No Communion? What do I do? So, what do those folks do when they don't have access to Holy Communion? Well, in those circumstances, the faithful are commended to the practice of Spiritual Communion. What does that mean? I mean, aren't all receptions of Communion "spiritual"? Yes, that's true, but "Spiritual Communion" means something very specific, very profound and very powerful. And Spiritual Communion is what will get us through this crisis.

United in Communion. The reception of the Eucharist, that is the reception of Holy Communion, unites us in faith around the altar of the Lord, it connects as a family of faith — our hunger for the Lord is sated, and together we share that experience of being "in communion" with the Lord and his Church. Likewise, Spiritual Communion also unites us, but in a different way. The faithful are united in their hunger for the Eucharist — for receiving Holy Communion. Thus, they are united in desiring union with Jesus Christ in the Holy Eucharist. It is a spiritual time to reflect on both the desire to receive and the deprivation of the Sacrament. And in doing this, consider your brother and sister in Christ, who shares, at this time, that same burden.

A good prayer to say, in this regard, was handed down to us by Alphonsus Liguori, a great saint of the 18th century. He commended the faithful who were unable to receive Holy Communion to pray this:

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,

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Spiritual Communion

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.

That might be a good way to start the day, every day.

Hey, Abbot. A Benedictine Abbot, Jerome Kodell, gave a great explanation of the concept of Spiritual Communion in a 2008 article. Here’s what he wrote:

What is spiritual communion? St. Thomas Aquinas described it as “an ardent desire to receive Jesus in the most holy sacrament and lovingly embrace him” at a time or in circumstances when we cannot receive him in sacramental Communion. The Catechism of the Council of Trent devoted a special section to spiritual communion in its program of renewal in the late 16th century. In the past, instruction manuals gave as the most familiar situation, the need of a mother to stay home from Sunday Mass to care for a sick child, thereby missing the opportunity for Communion. In such cases, the mother could make an act of spiritual communion, uniting herself with the Mass in her parish church and receive the spiritual benefit of Communion. The opportunities for receiving spiritual communion are limitless, but particular circumstances make it appealing in our time.

The Particular Circumstance. And we are in one of those particular circumstances right now! The state and the Church have called us to stay inside as much as we can; our Bishop has suspended celebration of public Masses, distribution of Communion, the ministration of the Sacrament of Reconciliation (Confession) except in danger of death, no blessing of palms, no weddings, no baptisms, no funerals (except for burial rites), and none of those drive-thru items I noted above. Yes, we are in those “particular circumstances” right now!

Called to Spiritual Communion. And so, we are called to Spiritual Communion — to unite ourselves to Christ, to desire and hunger for the Eucharist, and to connect ourselves to our brothers and sisters in Christ. How do we process all of this? Well, that’s another story — it involves

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MASS INTENTIONS

APRIL

6 MONDAY

HC 6:30 am
 HC 8:00 am John Stephen Kowalczyk
 12:10 pm Matthew & Mary Seben

7 TUESDAY

HC 6:30 am Eileen Martin
 HC 8:00 am Rina Lewis
 HC 12:10 pm George V. Sawyer

8 WEDNESDAY

HC 6:30 am
 HC 8:15 am Gabriele Madalena
 HC 12:10 pm Don St. Clair

9 THURSDAY

HC 7 pm For the People

10 FRIDAY

HC 3 pm Veneration of the Cross

11 SATURDAY

HC 5 pm Easter Vigil—For the People

12 SUNDAY

Masses said privately by priests today will be for the People of Holy Cross and Immaculate Conception

(LI = LIVING INTENTION)

MASS INTENTIONS

While there are no public Masses at this time, our priests will be saying private Masses each day. During their private Masses, the intentions of the day will be remembered. On the weekend, the priests will be saying several private Masses to cover all of the intentions that occur on the weekend. Your loved ones will still be remembered in prayer.

LAYMEN'S RETREAT WEEKEND

The Malvern Retreat House is temporarily suspending all gatherings, including our upcoming Archbishop Fitzmaurice Retreat.

FROM THE OFFICE OF COMMUNICATIONS

Some daily Mass information for you to use during this time where we cannot attend Mass in the church. Also check out our website for local Mass.

- Bishop Robert Barron is posting his daily Mass online at <https://www.wordonfire.org/daily-mass/>
- Saint Patrick's Cathedral in New York is live streaming their daily Mass at <https://saintpatrickscathedral.org/live>
- EWTN lives streams their daily Mass each weekday at 8:00 a.m., 12:00 p.m., and 7:00 p.m. at <https://www.ewtn.com/tv/watch-live>

prayer, reflection, spiritual discipline and continued faithfulness. In Mary Poppins, the lead character sings that “a spoon full of sugar helps the medicine go down.” Perhaps our early forebears in Christianity and some of the many saints who

have spoken or exemplified in their own lives, this devotion to Spiritual Communion can make “the medicine” (isolation from the Sacraments) go down a little easier.

The Early Christians and Us. I would say that a way of contextualizing the situation we are in is to go back to the early Christians, whose blood was shed to give life to the early Church. Many of these folks found themselves in prison, unable to be with their fellow Christians, or engage in the worship of the Church (Mass). Their hearts desired what they themselves could not approach because of their situation. These faithful had no choice but make Spiritual Communion; a shared hunger for the Eucharist — Jesus Christ.

Aren't we, all of us, in sort of a prison right now. Locked-in, locked-down, locked-up, and locked-in-place. Like the early Christians we find ourselves unable to be with their fellow Catholic church-goers, or able to attend Mass. Like the early Christians, our hearts desire what we cannot approach because of our present situation.

The Saints and Us. Another way of understanding our situation and the promise extended to us by making Spiritual Communion comes to us by way of the saints:

- St. Catherine of Siena was visited in a vision by Our Lord who explained the idea of Spiritual Communion to her in this way: he showed her two chalices: one made of gold, the other of silver. He told her that her sacramental Communion were preserved in the gold chalice and that her spiritual communions were in the silver chalice.
- St. Jane of the Cross likewise had a vision of Christ who told her that each time she made spiritual communion, she received graces of the same kind as those received in sacramental Communion.
- St. Pio of Pietrelcina (Padre Pio) had the habit of making a spiritual communion many times a day, always desiring, in all that he said and did, to be united with Jesus.
- St. Maximilian Kolbe, the martyr of the Nazi persecution, continually made spiritual com-

munion during his time held in the German death camp at Auschwitz. This strengthened him in his last days — and ultimately he gave up his life to save the life of a fellow prisoner in the concentration camp.

- St. Jose Marie Escriva, on the topic of Spiritual Communion said, “What a source of grace there is in spiritual communion! Practice it frequently and you will have greater presence of God and closer union with Him in all your actions.”

Making Spiritual Communion. This is somewhat subjective, and is not ritualized within our tradition, however, the writing of the saints, and indeed of Pope St. John Paul II, see four steps in making Spiritual Communion. These steps should be prepared for with some quiet reflection. The four steps are:

1. Make an act of faith: That is, express your faith in God's love for you and of your faith in his presence in the Eucharist.
2. Make an act of love: That is, express to God that you love him above all things.
3. Make an act of desire: That is, express your great desire to receive the Lord, spiritually, and one day, once again, in the Eucharist.
4. Invite our Lord Jesus Christ to come into your heart spiritually, with all of the graces he wishes to impart.

And, so, my dear Parishioners, while videos/ streaming of Masses or online devotional activities or learning may help you focus on your faith, ultimately Spiritual Communion is the way that you invite Christ into your heart and your life. Spiritual Communion is the way in which you seek to receive Christ spiritually and prayerfully, until you can once again receive him Sacramentally. I commend you to make daily, or more than daily, Spiritual Communion — stay close to your Lord, seek his love and grace, and he will be waiting for you.

I will continue to pray for all of you, as will Fr. Etim, Fr. Mano and Msgr. McGlynn — I pray you will do likewise for us.

Yours in Christ,

Fr. James Lentini
Pastor

SAMARITAN FOOD NEEDS (HC)

The Samaritan Food Pantry is collecting items to help with the great demands being placed on them during this crisis.



The items that are being requested are:

- Hams, Whole Chickens
- Pineapple Rings, Sweet Potatoes/Yams
- Canned Fruit, Peas, Corn, Green Beans
- Mac and Cheese, Rice, 1-2 pound bags
- Instant Potatoes
- Soups
- Canned meats, Spaghetti sauces and noodles
- Dessert (Brownies)

Please leave perishable items in the freezer by the Samaritan pick up door and non perishable items can be left there also. Thank you in advance for your generosity.

READINGS FOR APRIL 12

EASTER

FIRST READING: ACTS 10:34, 37-43

Peter and the apostles witness to the resurrection and bring the good news to others.

SECOND READING: COLOSSIANS 3:1-4

Christians are called to a new life as the beloved of the Lord.

GOSPEL: JOHN 20:1-9

St. John entered the tomb; he saw and he believed.

- El párroco de Las parroquias de Holy Cross, Dover, Delaware y La Inmaculada Concepción, Maryland, Reverendo padre James Lentini, siguiendo las directrices emitido el 15 de marzo, de 2020, por el decreto del Señor obispo Francisco Malooly obispo de la Diócesis de Wilmington y después de consultar con funcionarios del gobierno, profesionales médicos, sacerdotes, emitió un comunicado sobre la propagación del coronavirus COVID-19. Ha declarado y entra en efecto de inmediato y hasta nuevo aviso lo siguiente:
- Están suspendidas todas las misas públicas en la Diócesis de Wilmington hasta nuevo aviso. Este esfuerzo está diseñado para ayudar a proteger al público y prevenir la propagación del virus COVID-19.
- Todos los eventos parroquiales incluyendo, clases de educación religiosa, culto, reuniones de los distintos ministerios están totalmente suspendidos o pospuesto hasta futuro aviso.
- Bautizos, bodas y funerales se celebrarán con familiares inmediatos que no excedan más de diez personas.
- Confesiones solo en casos de urgencia llame a la oficina parroquial para hacer una cita con un sacerdote para confesarse.
- Todas las escuelas católicas diocesanas y parroquiales y los programas de educación religiosa, en Delaware y la costa este de Maryland, se cerrarán o cancelarán durante dos semanas a partir del lunes 16 de marzo de 2020. A partir de ahora, las escuelas están programadas para reabrir el lunes 30 de marzo, 2020. Todos los

eventos deportivos de CYM (incluyendo la peregrinación con el Sr. Obispo el sábado 4 de abril) han sido cancelados hasta nuevo aviso.

- Se les pide que no tome esta situación ligera, use buenas prácticas de higiene de lavarse las manos frecuentemente, evitar el contacto cercano con personas enfermas, evitar tocarse los ojos, la nariz y la boca, quedarse en casa si está enfermo, cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura, limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente, usando un producto común de limpieza de uso doméstico en rociador o toallita.
- Estamos conscientes de que esto es un periodo difícil que estamos viviendo en todo el mundo por el coronavirus COVID-19 y la alteración de nuestra vida sacramental el párroco ha sugerido ir en línea para alimentarnos espiritualmente escuchando la Santa Misa, reflexiones y lecturas del día. Puede entrar a la página cibernética de Holy Cross Dover o ir a
- <https://www.iccmarydel.org> o visite USCCB, para reflexiones y las lecturas diarias de la Sagrada Escritura en español. Lectio Divina y otras devociones que nos ayudaran. Ore en familia, llame a sus familiares, especialmente los mayores de edad. Les pido que oren por los fieles de nuestras parroquias y por todos los afectados por la suspensión de la Santa Misa.

RELIGIOUS EDUCATION (HC, ICC) REGULAR CCD/SRE CLASSES

- All Masses and classes are cancelled at this time. Please continue to check the website or the latest resources that are online.
 - www.holycrossdover.org
 - www.iccmarydel.org
- Parents are being sent, via email, resources for your children's classes.
- If you have any questions, contact Alicia at ICC at dre@iccmarydel.org or her office at 410-482-8939; or contact Tammy at HC at her office 302-674-5787, ext 121, or her email at tkorosec@holycrossdover.org

SRE REGISTRATIONS (ICC)

REGISTRATION FOR THE 2020-2021 school year are available on the website or you can email office for them to be sent to you.

Fees are as follows: \$40 per child, not to exceed \$150 per family. This is to defray all costs of books, materials, and supplies.

LAS MATRICULAS: para nuestro programa de formación cristiana de niños en domingo están todavía disponibles en el despacho parroquial, en la entrada principal del templo, y en el internet. Favor de solicitarlas en lo más pronto posible, con la cobra de \$40 por cada niño, y no más de \$150 cada familia.

YOUTH GROUP: (HC)

Please join us for the next 3 Sundays at 5 pm for Youth Group - LFTN.CO/LIFENIGHT

We can't meet in person, but please share this link with your friends.

PEER LEADERS (HC)

If you are interested in helping next year with classes and retreats, please email Mrs. Darling at ldarling@holycrossdover.org. She will keep up with you via Flocknotes until we can meet in person.

HOLY WEEK

As we enter into Holy Week, it's important to be aware of what is age-appropriate for children and be conscious of each child's particular sensitivities and level of understanding. Children younger than three can be told that Jesus is alive and with us today. For preschool children, a simple explanation that Jesus died on a cross, was buried in a tomb, and then rose on Easter Sunday is sufficient. Elementary children can hear stories from the gospels and can be exposed to more particulars. Whatever we teach our children about the events leading up to Jesus' death, it's important to always include the story of Jesus' resurrection and what it means for us today. Look for resources on line and what is being sent to you from Alicia or Tammy. Keep praying.

MRS. POLLITT'S PONDERINGS

I share with you a true gem I came upon while researching virtual spiritual Lenten retreats for educators.....[Keeping the Faith During the Coronavirus March 18, 2020](#) from BustedHalo. Below is an excerpt that I read:

We've truly gone into the desert this Lent. The penance, prayer, and fasting we are now being called to do is not by choice. I mean, not for me. I don't know if you chose to have a brand new virus replete with pandemonium for Lent. Most people give up chocolate!

This Lent feels like God is trying to get our attention. A forced time out, if you will. Not just from our comfortable routines and "safe" lives, but from our hectic lives. Our over-scheduled days. Our focus on material things and worldly status. It's a time out from focusing on politics and fighting over social issues and turning to the things that matter most in this life: God and each other.

Like most everyone else, social distancing has forced my family to slow down. Instead of blowing through the house to get to the next activity, we have been grounded together in our home for an indeterminate amount of time. We were told two weeks. Now it's four weeks. Every day, things seem to change.

Our life, like everyone's, has come to a complete stop. My kids are busy learning from home and playing. I am busy with pin-balling between family members to make sure everyone is taken care of. I'm going from chore to chore, doing the important things first. My already limited downtime time is even more so than it ever has been before. I'm exhausted. I'm worn out. I hide the anxiety and worry under whatever face I need to show my kids so I don't build up their fears. Like all of us, I'm doing the best I can with what limited resources I have.

We are all here. All the time. Together. There's space, but not always enough. It's challenging enough to live with the people in your home on a regular basis let alone being confined. I joke that this time is "extreme marriage counseling: quarantine edition." If we can make it here, we can make it anywhere.

I love my family and so far I think we're doing pretty good, but I don't love that I have no control over anything that's happening. The only thing I have control over is my perspective, and if I keep focusing on what I hate about all this, it's going to be a rough road for myself and everyone around me. So, I'm trying to turn to God and ask him for help because I understand clearly now that I can't do anything without him. Especially this.

I have made steps to try and keep my perspective in

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check by: \Limiting time on social media and keeping my feed to uplifting things.

- Checking the news only once at the end of the day.
- Praying a devotional every morning
- Praying a Hail Mary every day.
- Getting outside once a day to sit, even if it's just for 10 minutes.
- I once a day to sit, even if it's just for 10 minutes.
- Going to bed early.
- Checking on friends via phone or text and talking about non-coronavirus things.
- Doing an examination of conscience each day and asking God to help me work on those shortcomings in this trying time. (I use the one for married people and parents, but you can find them all through that link)
- Having much longer conversations with my kids about things they want to talk about.

I think there is an appreciation lesson here for us all to learn, whether it's for our health, our families, our teachers, or farmers, our grocers. For me, I have already learned to appreciate many things, specifically the value of freedom. Even in crisis, many of us still have it better than a lot of people. We have homes, clean water, and food. But, even the simple freedom of going to the store to get butter, and knowing butter will be there, has become valuable to me because I never appreciated it before. The freedom to drop by a friends house, or go to Mass, or swing by the church to have some much needed silence — I am more grateful than ever for those.

In the evenings, I make time to go outside. I've never done this before, but I've been going to watch the dark steal the sunset-splashed sky. It covers its vibrant oranges and reds with a blue hue until it's completely disappeared behind the mountain shadows. The stars began to glitter like they always do and it's a small, comfortable familiarity that I know I can expect each day.

It's quiet at night. Despite the anxiety and unknown events of tomorrow, it's peaceful. Watch: Go into the Desert this Lent. (Busted Halo)

I know this troubling situation won't last forever because I have faith in God. He delivers all his people through the desert. He always has. Miracles happen through science, and every day people are working around the clock to find treatments and cures. That's the wonderful thing about humanity in crisis: The people who never give up.

So, it won't be very long before this quiet will be gone. Soon, the airplanes will be back overhead, and the cars will be going by at all hours. The stillness will be moving again. The world will go back to the way it was,

and eventually we will, too. Life will resume being busy and we might even forget the way this was. We might forget that God is still bigger than any of this.

When life swings back to "normal," I might forget the things I'm learning about myself right now. I'm learning to depend 100 percent on myself and my family. I'm learning the importance of genuine time spent with my kids. I'm learning to trust God — to trust that right now he is showing me what life is meant to be in its simplicity: focusing on him and my family. Learning to truly appreciate everything I have from a house, to food, to fresh air outside.

There won't be the same opportunity for stillness like this again. I hope that I don't forget. I hope I can look back and know it was this Lent that I really wandered through the desert and that I not only learned to truly trust God, but to fully appreciate the small things I take for granted in life. Which is everything, including life itself.

Joshua 1:9 *Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.*"

Christina Antus

*At Holy Cross School, we believe a Catholic education is a unique and invaluable learning experience. Why? We nurture the ongoing, daily influence of the Holy Spirit in the spiritual, intellectual, and physical growth of our students and families.

As our mission states we "provide an academically rich, faith-filled learning environment, thus ensuring a Catholic values-based education. At Holy Cross we strive to convey a sense of justice, peace, compassion, and respect for all God's creation". As a Catholic school, we instill in our students a life long commitment to learning as well as prepare them to be models of Christian values.

This faith is what has carried our school through the most difficult of times. When you enroll your child into Holy Cross School, you are becoming a member of a large faith-filled family. Academically, during this transition to online instruction our students continued to learn daily due to our systems in place from day one of the stay-at-home orders. Our students have learned new content from teachers who discovered new ways of delivering their instruction.

Holy Cross School is still accepting applications for the 2020 - 2021 school year.

Please contact the school:

Our website is holycrossdover.org/school

Download an application form and mail it into the parish office.

Call 302-674-5787 x113.

FROM THE PRINCIPAL'S DESK

Dear Parishioners,

As we prepare to enter Holy Week, I invite you to join the Ravens Theology students in a self-driven Examination of conscience, based on scripture. This is an activity borrowed from Ignatius Press. You can do this as an individual reflection, or as a family.

Before you receive the Sacrament of Penance, you think about your sins. How have your choices, thoughts, and actions lived up to your call from Christ? How have you kept God's commandments? How have you loved God and neighbor? We call this process an examination of conscience, which is meant to help us identify sins and sinful habits that we can confess in order to receive penance and forgiveness. In order to craft your own process for examination of conscience, we ask you to read each verse and think about how it applies to you and then write one or more questions based on the passage to guide someone like you in an examination. Your questions can focus on things we should do which we do not, and also things we do that we should not.

An example:

Matthew 5:22 (on anger) *But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, 'Raca,' will be answerable to the Sanhedrin, and whoever says, 'You fool,' will be liable to fiery Gehenna.*

Have I gotten angry with my family or friends?
How have I used harsh language or profanity?
Have I said or done anything hurtful out of anger?

Your turn!

Matthew 5:28 (on lust)

Matthew 5:43-48 (on love of enemies)

Matthew 6:6 (on prayer)

Matthew 6:14-15 (on forgiveness)

Matthew 6:24 & Timothy 6:9 (on money)

Matthew 7:1-5 (on judging)

Romans 12:16 (on pride)

Romans 13:1-7 (on obedience to authority)

1 Corinthians 13:4-6 (on love)

Ephesians 4:25 (on truth)

Ephesians 4:28 (on stealing)

Ephesians 5:3-4 (on right speech)

Ephesians 6:1-3 (on obeying parents)

If you complete this with a partner or your family, give yourself the added challenge of writing a list of prayer intentions that you can swap to help keep each other accountable to naming and avoiding our sins going forward. Or, challenge yourself or each other to take the topic highlighted in each passage above and to find an additional passage of scripture or content from the Catholic Catechism of the Church which highlights or furthers God's teachings on those matters.

In short, this is an invitation to re-engage with scripture and with one another during this special season of Lent. There are ways to stay connected to him and to each other during this season if we only seize them!

Have I fed the hungry?
Given drink to the thirsty?
Clothed the naked?
Sheltered the homeless?
Visited the sick?
Visited the imprisoned?
Buried the dead?



Yours in Christ,

Rachael A. Casey

Rachael A. Casey
Principal



Holy Week