

**The Catholic Faith Network (CFN) broadcasts the Celebration of the Eucharist:**

St. Agnes Cathedral, Rockville Centre  
Monday – Friday at 8:30 a.m. & 12:30 p.m. ET  
Sunday at 11 a.m. & 7 p.m. ET

St. Patrick’s Cathedral, New York  
Monday – Friday at 6:30 p.m. ET

Our Lady of Loretto Church, Hempstead  
Sunday at 6 p.m. ET

The Catholic Faith Network (CFN) is available throughout the New York, New Jersey, and Connecticut area on Optimum channel 29/137, Verizon FiOS TV channel 296, and Spectrum channel 162/471.

The Catholic Faith Network (CFN) is also available on selected cable and satellite systems nationwide, along with a vast on-demand library of original programming and a high quality 24/7 live stream at [CFNtv.org](http://CFNtv.org)

You can also watch CFN on Roku, Apple TV, Amazon Fire TV, Android, or by downloading the CFN iOS mobile app at the app store by searching “Catholic Faith Network” or “CFN”

**The Eternal Word Television Network (EWTN) broadcasts the Celebration of the Eucharist:**

Monday – Friday at 8:00 a.m., 12:00 p.m., & 7:00 p.m. ET  
Sunday at 8:00 a.m. & 12:00 p.m. ET

EWTN can be found on Optimum channel 135.

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**Spiritual Communion**

One of the most weighty aspects of the COVID-19 crisis is the loss of access to the risen Christ in the sacrament of his Body and Blood. Those who make it a priority to attend Mass each weekend, or even on a daily basis, have come to recognize that our interior life is just as much in need of nourishment as our physical body, and that nourishment

comes from nowhere more than the Blessed Sacrament. Our faith is Eucharistic; we live and thrive as disciples by heeding the words of Jesus in John's Gospel, where he says that unless one eats his flesh and drinks his blood, that person has no life in them.

The Church would never ask one of her children to abstain from receiving Holy Communion (unless conscious of grave sin). But the current pandemic has forced us into a kind of "Eucharistic abstinence": we are voluntarily living without the most precious of treasures for a time, because we believe that refraining from gathering in numbers may help to slow the alarming progress of the coronavirus, and allow our health care system to better meet the mounting threat. It is an act of Christian charity.

**We sincerely hope that you are resolved to watch the celebration of the Mass each weekend**, whether on our own Catholic Faith Network (Optimum channel 29), or EWTN, or any number of online recordings. When you do so, we urge you to practice something called "**Spiritual Communion**," by which you invite the Eucharistic Lord to enter the sanctuary of your heart at Communion time, dispelling the darkness of fear and sin, and filling you with his radiant, transformative presence. The following is a prayer you might recite—aloud or in silence—at the time you would ordinarily be receiving Our Lord:

*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 were already there,  
and unite myself wholly to you.  
Never permit me to be separated from you.  
Amen.*