

VIEWING MASS AT HOME & PRACTICING SPIRITUAL COMMUNION

Since June of 2020, we have been able to celebrate Mass and the other sacraments with a congregation present. But even as so much progress is being made against the pandemic, there are a significant number of parishioners who have not yet returned to Mass in person. Of course, others are advised NOT to come to church at this time because of age or debilitating health conditions. For their spiritual benefit, we recommend sharing remotely in the celebration of the Eucharist. All one needs is a computer, tablet, smartphone or TV. The following options are listed for your convenience.

A. Our Parish YouTube Channel

We will continue to record the **Saturday evening Mass** (5:00 PM) from our own church, and post the video on our YouTube channel called "**St Lawrence of Sayville NY**". It can be accessed by going to the homepage of this website, and clicking on the link. *Many thanks to Joe Mankowski*, our Music Director, for handling all the taping, editing, and uploading, and to Chris Koch, for setting up the channel!

B. The Catholic Faith Network (CFN)

Our Diocesan television station broadcasts the Mass as follows:

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

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

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”

C. The Eternal Word Television Network (EWTN)

EWTN, which can be found on Optimum channel 135, broadcasts the Mass as follows:

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

* * *

Spiritual Communion

For those who have not yet returned to Mass in person, the greatest spiritual deficit is not having the opportunity to receive the Lord in the Eucharist. 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.

If your circumstances are such that you are not yet joining us for Mass, we sincerely hope that you are resolved to watch the celebration of the Mass each weekend, whether on our parish YouTube channel (see the link on the homepage of this website), the Catholic Faith Network (Optimum channel 29), EWTN, or any number of online recordings and live-streams. When you do, 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.*