Dear St. Helen & St. Rose Parishioners,

I am writing to you with great sadness, but with great hope for all the events that are happening in our Archdiocese and in the world. At this time when we cannot visit the temples to celebrate the Holy Eucharist, I invite you to make a prayer room in your homes. Let us pray with our family the holy rosary, read the bible, continue with our Lenten practice and continue with the holy rosary to be united in our faith and our relationship with our God. Let us pray our prayer of spiritual communion every day.

We have to stay very strong in prayer, help those most in need, stay as healthy as possible and avoid being in contact with the most vulnerable or defenseless. I invite you to be attentive to any communication that the authorities may give and obey the instructions they are giving us so that this passes as soon as possible.

I want to invite all of our parishioners and people around us to take a moment of their time and come to our St. Helen parish which will be open Tuesday through Friday, and Sunday from **9:00 AM to 1:00 PM**, I invite you to take a moment of your day and come to pray and strengthen your faith. The exposition of the Blessed Sacrament will be exhibited every Friday at St. Helen Church from **9:00 a.m. to 5:00 p.m**.(the exposition will be in the church) with a 10 person limit and observing all social distancing norms. Take a moment of your time and let's start asking Our God to help us in these moments of fear, uncertainty, and chaos and we can face any situation or illness as close as possible to God. If anyone feels the need to **confess** please call the parish office to make a personal appointment with your server or regularly, we have confessions every Saturday at 4:00 P.M, no more than 10 people at any one time. In the same way, the office will be open Tuesday through Friday from **8:00 to 12:00**. **Funeral masses** can be celebrated. It is recommended that only very close family attend within the limit of 10, in any case the limit of 25 must not be exceeded. **Weddings** can be celebrated within the recommended limit of 10 people, in any case the limit of 25 must not be exceeded. I will celebrate **Holy week** with the RCIA candidates, godparents, lectors, etc.… no more than the 25 person limit. **Communion services** are not allowed as they attract crowds just as a public Mass would. **Holy communion visits** to the homebound should be suspended due to the health risks to some of our most vulnerable parishioners. **Anointing of the sick and viaticum,** I will respond generously to those who are seriously ill and request it. Also, I provide you with two links to listen to Holy Mass online every day including Sundays:

1. Sunday Mass at The Cathedral of the Immaculate Conception **11:00 AM** Live from the Cathedral of the Immaculate Conception via Facebook Live with our Archbishop Alexander Sample. **(https://archdpdx.org/live-masses**)

2. National Broadcasts:

**Mater Dei Radio**: 12:00 PM Sunday and Daily,

**EWTN** (WWW.EWTN.COM)

EWTN (In Spanish)

Finally, I invite you to become aware of the parish needs that we are facing at this time. Since we will not have a community service, we need your Sunday contribution to carry out the expenses that we are facing day to day. The office will be open in the morning or you can send your donation to the parish address: 1350 W 6th. Ave., Junction City, OR. 97448

I will also be celebrating Holy Mass privately for all of you and for the needs of the world. If one of you want to attend one of these masses and especially **Sunday masses**, please call the office, but limited to10 persons. If someone wants to offer Holy Mass for any need, you can send your intentions to my email **(erivera@archdpdx.org).** I will be offering them for all your needs. Also, I invite you to visit the Archdiocese page or the page of St. Helen & St. Rose (**https://www.strosesthelen.org**) for more information on what's going on in our archdiocese of Portland.

Dear Brothers and Sisters, during these difficult times, we will unite in prayer and we will pray for those most vulnerable to this virus. We will pray for all those families who have lost a loved one and for all those who are working hard to find a cure for this disease. God bless you

**Spiritual Communion:**

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.

In Christ,

**Rev. Edgar Rivera**