

Our lady of Lourdes
Religious Formation Office

**Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you; I will uphold you with my victorious right hand. –
Isaiah 41:10**

April 7, 2020

Dear Parents/guardians and students,

I pray that each of you, your children, and family members are doing well. This moment of national crisis presents a moment for us, as a community of faith, to come together in prayerful solidarity to support one another and lend assistance to the most vulnerable in our midst while doing our best to maintain our daily routines.

Please know that we walk with you to help navigate the challenges we face in the days and weeks ahead. But how can we keep our faith strong during times like this? **Do not be afraid!!!** We must remember that throughout history, God never abandoned His people: “**Never will I leave you; never will I forsake you.**” Hebrews 13 5

God is with us! Do not be afraid. We are all in this together!

During these days of uncertainty, Our Lady of Lourdes Parish will remain very much alive and we will do our best, with the help of the Holy Spirit, to minister to your needs. Join Our Lady of Lourdes Church Facebook Live for a daily Mass at 3 pm, Monday in Spanish and Tuesday-Saturday in English and Sunday Masses in English at 10 am and in Spanish at 2 pm.

- <https://www.facebook.com/Our-Lady-of-Lourdes-Church-Montclair-CA-948346861908203/>

You can also call the office for Mass Intentions at 909-626-7278. You can call the Religious Formation Office Monday to Friday from 9-12 at 909-626-0318. If you or someone that you know needs food the food pantry: God’s Grace is open every Wednesday 9-11 am **Do Not Be Afraid ...We are here for you.**

Confirmations and First Communion

Let me express my deepest appreciation to all of you and your children who are taking distance learning seriously. **This is not a vacation.** It is important that the children and youth continue to practice all their prayers and continue the learning progression; they will be testing when return. Please do at least one weekly lesson from the workbook (Take note that at the end of this letter we provided with a list of resources for modified Catechetical Programs, take advantage of this).

As we move forward under the constant guidance of the Office of the Bishop, ***all Confirmations and First Communions are postponed.*** We are discussing possibilities but it is best to wait for the stay at home order to be lifted before we consider celebrations. The Bishop has made it clear that Confirmations and First Communions will happen in 2020, just on different days.

Holy Week At Home

Even under these unusual circumstances, Holy Week can still be one of the most prayerful weeks of the year. Below are simple and meaningful ways to draw closely to Jesus in His Passion and Death—all while staying at home.

The following resources will help families to pray at home during Holy Week. Use this in addition to viewing a livestream of the liturgy of the day.

- <https://bustedhalo.com/video/watch-holy-week-in-three-minutes>
- [https://cdn2.hubspot.net/hubfs/3788244/Holy_Week_at_Home%20\(1\).pdf](https://cdn2.hubspot.net/hubfs/3788244/Holy_Week_at_Home%20(1).pdf)
- <https://www.osvnews.com/2020/03/27/how-to-make-the-most-of-holy-week-at-home/>

Coronavirus (COVID-19) is a growing concern; please always practice **Hygiene and social distancing**. We are also sharing information from the CDC on [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#).

Depending on your child's age, some helpful resources for you to discuss COVID-19 with your child may include:

- [Just For Kids: A Comic Exploring The New Coronavirus](#)
- <file:///C:/Users/RELIGIOUS%20FORMATION/Downloads/Child%20Friendly%20Explanation%20of%20Coronavirus.pdf>

A Comic Exploring the Coronavirus

<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Everything you need to know about making your own face mask:

- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

I am sharing with you the text of the prayer written by the Holy Father, Pope Francis to the blessed Mother during COVID-19 pandemic.

O Mary, you always shine on our path as a sign of salvation and of hope. We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm. You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.

If you would like more information, please do not hesitate to contact us at 909-626-0318 or yromero@sbdiocese.org

Paz y bien,

Yoselin Romero

Director of Catechetical Ministry

List of resources for modified Catechetical Programs:

Family:

10 Tips for Teaching Religion Lessons to Your Children at Home by Joe Paprocki

Description: this resource helps parents and guardians to prepare to share a catechetical lesson at home. Lessons need to be assigned considering textbook used in catechetical sessions or other specific resources.

Cost: Free

Language(s): English only

Format: Online resource

Link: https://catechistsjourney.loyolapress.com/2020/03/10-tips-for-teaching-religion-lessons-to-your-children-at-home/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+loyolapress%2Fcj+%28Catechist%27s+Journey%29

Daily Mass

Description: as a family gather and prepare to actively participate during the celebration of Mass. Follow with a moment of reflection and share on how the Gospel invites us to live our faith.

Cost: Free

Language(s): English and Spanish

Format: Online streaming via YouTube / TV

Link: Word on Fire <https://www.wordonfire.org/daily-mass/> / EWTN TV <https://elsembradorministries.com/tv/guia-de-programacion/> or TV Channel 56-2 or 56-3

Corona Virus Response Lesson by Loyola Press

Description: This Coronavirus Response Lesson helps educators, catechists, or parents discuss the COVID-19 virus with children and teach them valuable skills. This lesson offers prevention and mitigation techniques based on the Centers for Disease Control and Prevention guidance and includes a faith component to remind children of God's unconditional love for them.

Cost: Free

Language(s): English only

Format: Printable resources

Link: <https://www.loyolapress.com/search?term=coronavirus>

The Gospel at Home by Pflaum

Description: Provides a short description of the Sunday Gospel plus suggested activities and discussion starters for each age level. These easy-to-do ideas will bring families together to share what each member has learned about the Gospel that they heard on Sunday (and studied in class.)

Cost: Free

Language(s): English and Spanish

Format: Online and printable resources

Link: <https://www.pflaumweeklies.com/the-gospel-at-home/>

Magnificat

Description: Daily readings and reflections based on the liturgical calendar.

Cost: Free

Language(s): English and Spanish

Format: Online

Link: <https://us.magnificat.net/free> and <https://latina.magnificat.net/gratis>

3 Minute Retreat by Loyola Press

Description: 3-Minute Retreats invite you to take a short prayer break right at your computer. Spend some quiet time reflecting on a Scripture passage.

Cost: Free

Language(s): English and Spanish

Format: Online/Mobile app

Link: <https://www.loyolapress.com/3-minute-retreats-daily-online-prayer>

Finding God Families by Loyola Press

Description: *Finding God* offers parents and families materials specifically designed for use at home whether catechesis takes place in the parish, school, or home. K-8.

Cost: Free

Language(s): English and Spanish

Format: Online

Link: <https://www.loyolapress.com/bilingue/encontrando-a-dios/jovenes-y-padres>

Articles:

Catholic Kids by Loyola <https://www.loyolapress.com/our-catholic-faith/family/catholic-kids>

Catholic Teachings for Teens <https://www.loyolapress.com/our-catholic-faith/family/catholic-teens>

Praying as a Family <https://www.loyolapress.com/our-catholic-faith/family/praying-as-a-family>

Good Ground Press publishes resources for living the Gospels today. Programs cultivate minds and hearts to be good ground for the seed of the word to take root, grow, and bear fruit a hundredfold. Distinctively, Good Ground Press resources invite people to reflect not just individually but also together, to nourish one another through sharing faith and insights, to sustain one another in continuing Jesus' mission of love and justice.

Language(s): English

Format: Printable resources

Link: <https://goodgroundpress.com/resources/printables/>

RCL/Benziger: offering free access for 60 days to all digital curriculum for school and/or parish.

Choose from the following series:

- *Blest Are We Faith in Action* K-8
- *Be My Disciples/Sean mis Discípulos* 1-8
- *Blest Are We Faith & Word* K-8/*Bendecidos* 1-8
- *Credo* High School
- *Family Life* K-8

Link: <https://www.rclbenziger.com/>

Articles:

- **Children's Liturgy**

Treehaus offers some printable resources

<http://www.treehaus1.com/introductory-offer.html>

Praying With Children

<https://www.loyolapress.com/our-catholic-faith/family/praying-as-a-family/praying-with-children-blessings-and-family-prayers>

Turning to God in times of Tragedy

<https://www.loyolapress.com/our-catholic-faith/family/praying-as-a-family/turning-to-god-in-times-of-tragedy##>

Catholic Teachings for Teens

<https://www.loyolapress.com/our-catholic-faith/family/catholic-teens>

Activities, crafts, saints for Catholic Kids

<https://www.loyolapress.com/our-catholic-faith/family/catholic-kids>

www.catholicicing.com On *Catholic Icing* you will find tons of fun stuff for Catholic kids! From songs and how-to-draws, to craft ideas, inspiration for mom and more!

www.catholicmom.com

CatholicMom.com offers articles, activities, printables, and more for your family, classroom or organization to help you grow in your *Catholic* faith.

Family, Faith and Fun

<https://www.loyolapress.com/our-catholic-faith/family/family-faith-and-fun>

Catholic Living

<https://www.loyolapress.com/our-catholic-faith/scripture-and-tradition/catholic-living>

Scripture

<https://www.loyolapress.com/our-catholic-faith/scripture-and-tradition/scripture>

Sacraments

<https://www.loyolapress.com/our-catholic-faith/sacraments>

Liturgical Year

<https://www.loyolapress.com/our-catholic-faith/liturgical-year>

CONFIRMATION RESOURCES

- Younger Adolescent/ Bilingual Candidate Book (CU5052 and CU5066) <https://www.flipsnack.com/OSVOffertory/ctc-confirmation-bilingual-se.html> **!!ctccon!!2020bil**
- Older Adolescents Candidate Book (CU5054) <https://www.flipsnack.com/OSVOffertory/ctc-confirmation-older-adolescent.html> **!!ctcconadol!!2020oa**
- Lesson Plans https://osvcurriculum.com/confirmation/program/dre_coaching.html

ACT OF SPIRITUAL COMMUNION

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, come at least spiritually into my heart. I embrace you as if you have already come and unite myself wholly to you. Never permit me to be separated from you. Amen. — St. Alphonsus Liguori

Send Your Angel to Holy Mass

O, holy angel at my side, go to the church for me. Kneel in my place at holy Mass, where I desire to be. At Offertory in my stead, take all I am and own, and place it as a sacrifice upon the altar throne.

At holy consecration's bell, adore with seraph's love, my Jesus, hidden in the Host, come down from heaven above. And when the priest Communion takes, O, bring my Lord to me, that his sweet heart may rest on mine, and I his temple be. Then pray for those I dearly love, and those who cause me grief, Jesus' love may cleanse all hearts and suffering souls relieve. Pray that this sacrifice divine, may mankind's sin's efface, then bring me Jesus' blessing home, the pledge of every grace. Amen.

ACT OF LOVE

I believe thou art present in the Blessed Sacrament, O Jesus. I love thee and desire thee. Come into my heart; I embrace thee. O never leave me. I beseech thee, O Lord Jesus, may the burning and most sweet power of thy love absorb my mind, that I may die through love of thy love, who wast graciously pleased to die through love of my love. Amen. — St. Francis of Assisi