

## Pastoral letter from Father Paul

Dear Friends in Christ,

I miss you all.

I have grown used to so many hands held out to offer and to receive the peace of Christ; so many ears listening to His Word, so many mouths opened to sing God's praise and to speak His truth.

This Lent has become, for many Catholics, a time of fasting from the gathering of the faithful to receive Christ in the Holy Mass.

What Easter joy when once again, we will enter God's house together and receive Him who first receives us, with a love that will never let us go!

### **A Prayer of Spiritual Communion.**      *by St Alphonsus*

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**

With my daily prayers, especially for the lonely and the fearful among us.

Yours in Christ

Fr Paul

*p.s*

*Do remember your private devotions including the Rosary and the Stations of the Cross.*

*The daily Offices, rosary and stations can be downloaded on your phone with a brilliant app. Just google "Universalis" and buy for £10 from Amazon or Google stores.*

*Live streaming of Mass can be accessed from Northampton Cathedral via the Diocese of Northampton website and various other websites including the Vatican and Walsingham.*

*I continue to say Mass for the Parish, daily in Our Lady's Church with a voice loud enough to encourage the angels and saints to join with me!*