

A Letter from Vicar of Communication



Being alone and the VIRUS

Beloved friends,

We continue to reflect on the profound impact of Coronavirus outbreak worldwide and most recently right here in Trinidad & Tobago.

In an attempt to contain this outbreak, Masses and other Church Services/Congregational gatherings have been suspended until further notice.

This is a “NOW” moment that our Faith and more creative religious imagination are most needed.



SUNDAY MASS SCHEDULE

trinity  

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 **8:00 AM**

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REBROADCAST

12Noon/7:00PM /11:30PM

 **8:00 AM**

 **8:10 AM**

 **3:00 PM**

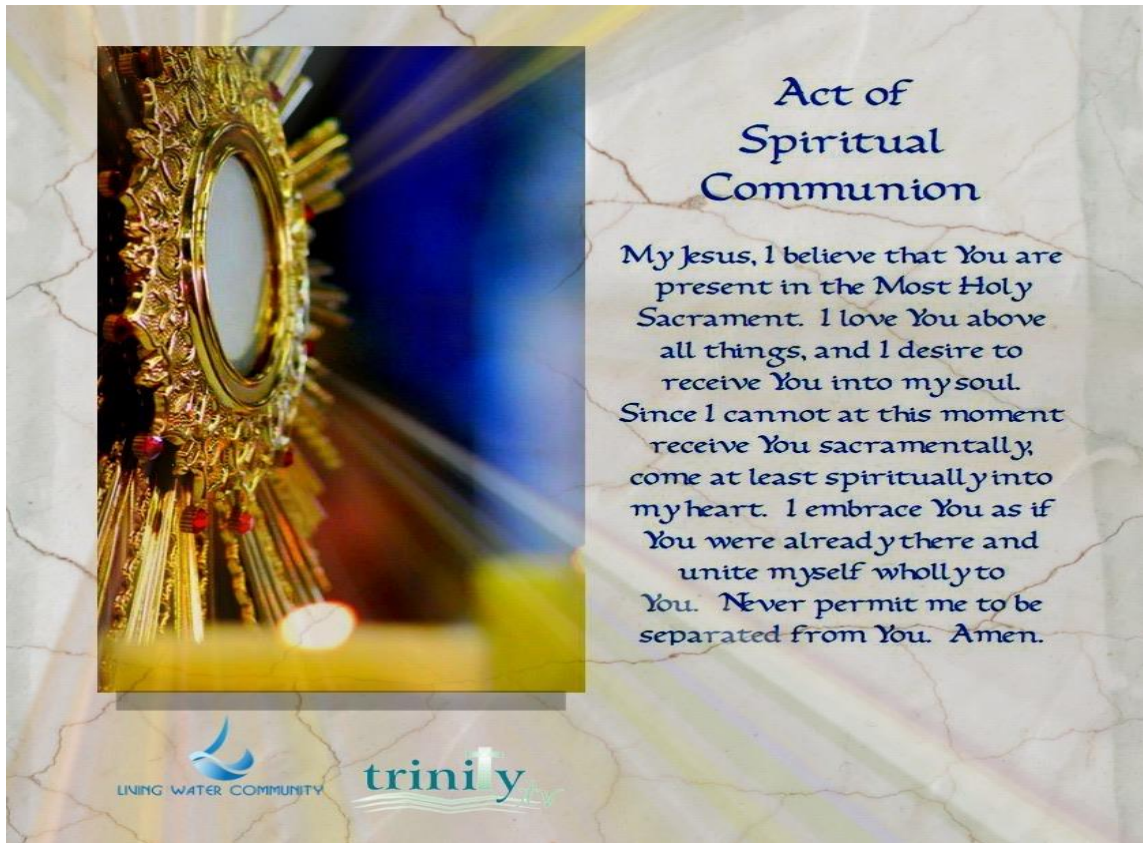
We invite you to join us Online for closed daily Mass and other Spiritual Engagements via Trinity TV.

If you cannot join us Online, I encourage you, as endorsed by His Grace, to reflect on the spiritual significance of the solitude by :

1. Reading one of the Gospels in its entirety
2. Practicing the ancient art of *Lectio Divina* (Sacred reading)
3. Doing a Holy Hour daily including the Rosary
- 4: Practicing an examination of conscience at the end of the day.
- 5: Spending time alone with daily walks
- 6: Using the opportunity to express affirmations to your families and engage in intercessory prayers for the vulnerable .
- 7: Joining yourself to the Eucharist - Source and summit of our Faith - making Act of Spiritual Communion

8: Practicing daily Christian Meditation.

9: Securing a copy of Catholic News weekly even a digital copy



**Act of
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.

LIVING WATER COMMUNITY **trinity**

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CATHOLIC NEWS
IN ESSENTIALS UNITY • IN NON-ESSENTIALS LIBERTY • IN ALL THINGS CHARITY
#6658 Sunday, March 8, 2020 \$5.00 www.catholicnewsst.com

The Roman Catholic Church joins in solidarity and prayer for those impacted by or seeking to treat COVID-19 (Coronavirus Disease 2019). Keep abreast of any updates on this fact sheet.

ARCHBISHOP ANTHONY PANTIN
1929-2000

This year marks 20 years since the passing of Archbishop Anthony Pantin, one of the great leaders of the Church during difficult times.

How would commentary on the midterm election look if economists, rather than halfway pundits, were calling the race? You would find a lot less about personalities.

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We continue to Pray in Solidarity in these trying times.

Vicar for Communication

A handwritten signature in black ink, appearing to read "Christo", is written over a set of three parallel diagonal lines that slant upwards from left to right.

Fr Robert Christo.