



As we face daily changes in the upcoming months, we promise to continue to keep you informed as best as possible. Our main communication is being done through email. If you have not received an email message please email us at office@stannesealbeach.org so that we may set you up to receive up to date information.

To support you in managing anxiety and stress:

The Centers for Disease Control offers a wonderful resource of methods for coping with stress at:

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

To support you in prayer:

Give Us This Day: visit GUTD.net and select "Digital" in the upper right of the screen.

Magnificat Online:
www.magnificat.com/free

ST. ANNE PARISH NEWS UPDATE

Livestream – Masses from St. Anne can be viewed on our public Facebook page or on the St. Anne website at stannesealbeach.org.

Palm Sunday Mass – Livestream Sunday, April 5th at 10 AM. Blessed Palms will be available outside the side entrance of church **after** 11:30 AM. Walk beside the classrooms and exit in front of rectory. Please only touch and take one palm per person. If there is a line, make sure to keep six feet apart.

Easter Mass – Livestream Sunday, April 12th at 10 AM.

Act of Spiritual Communion – It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion which is a source of grace. Below is a traditional prayer of Spiritual Communion.

My Jesus, I believe that you are present in the Blessed Sacrament. I love you above all things and I long for you in 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 entirely to you. Never permit me to be separated from you. Amen

Are you in need of help? Do you need supplies? Would you like a friendly voice to speak with you over the phone? We have many parishioners willing to be there for you. Please email us at office@stannesealbeach.org or call us at 562-431-0721, ext. 13.

In Case of Emergency and you need a priest – Please call 562-431-0721 ext. 13. Please leave a message and we will get back to you asap. Messages are checked each day remotely.