

## St. Therese MASS and HOLY RESOURCES

(Anything [blue](#) is a link. Click away!)

### Information about ST. THERESE Online Masses, Adoration, Reconciliation, Stations of the Cross, Rosary and Studies:

**Website:** <https://www.sttheresenorth.org/> - or -

**Facebook:** <https://www.facebook.com/stthereseaparishcommunity/> - or -

**YouTube:** <https://www.youtube.com/channel/UCEWjNXHeRddgPDRUCKPsUjw>

*To continue your weekly or monthly **donation** to our Parish, please click the **Donate Now** button on the website or click [this link](#). You may also mail it to:*

*St. Therese Parish  
7207 NW Highway 9  
Parkville, MO 64152.*

*We know that this crisis has altered the financial situation of many, but if you are able to donate, please do. Remember that our parish bills do not stop.*

## Alternative Avenues for Prayer and Adoration

### ROSARY and NOVENAS

[Holy Family Daily Rosary](#)

[Novenas Website](#) (sign up to get daily emails – **Today, 3/20, the “Pandemic Novena” begins**)

### DIVINE MERCY

YouTube:

[Chaplet in Song 1 Chapel](#)

[in Song 2](#)

[Chaplet with Instrumental Background](#)

[Chaplet Simply Spoken](#)

### ONLINE: MASS / EUCHARISTIC ADORATION / LITURGY OF THE HOURS

#### Mass:

[Kansas City-St. Joseph Diocese LiveStream Masses](#)

[LiveStream Masses from around the world all day long Daily](#)

[Mass from Bishop Robert Barron’s Chapel](#)

[Conception Abbey Mass and Liturgy of the Hours](#) (Mon-Sat 11:45am / Sun 10:30am)

#### Eucharistic Adoration:

[Virtual Adoration via Live Webcams EWTN](#)

[Adoration via LiveStream](#)

[Our Lord in Mary’s Womb - Adoration LiveStream from Poland](#)

#### Liturgy of the Hours:

[Conception Abbey Liturgy of the Hours](#)

Mon-Sat: 7:15am Lauds / 5:15pm Vespers

Sunday: 7:45am Lauds / 5:30pm Vespers

## PRAYERS

Here is a prayer of Spiritual Communion for those who presently cannot receive our Lord in the Eucharist due to restrictions. Please feel free to pray this during the Liturgy of the Eucharist while participating in a broad casted Mass (EWTN, catholic radio, etc.) or to pray this on your own accord.

### Prayer 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.

Our consecrated persons and priests are in the front lines as well as our medical professionals, those in ministries to the vulnerable and other caregivers. They all need our prayers and obviously we all do too.

## GENERAL

[14 Saints who are Holy Helpers](#)

[YouTube: The Catholic Crusade](#)

Catholic Radio: KEXS 1090 AM / KDMR 1190 AM / KMVG 890 AM 92.9 FM / 95.3 FM / 93.7 FM

[EWTN.com](#)

In addition to the above resources, there are many wonderful apps and much literature.

## TO DO'S / ACTIVITIES

1. In a private area set up an icon, statue, picture or other image of our Lord to use as a means of adoration, meditation and prayerful conversation. Though not the same as the Eucharist, this is a viable option and can help us to focus our prayer and adoration by looking at His visage.
2. As our Lord Jesus Christ is the Living Word, you can engage in Lectio Divina, and let the Lord speak to you through Scripture. I'd suggest starting with a book of the Gospel first. [How to Lectio Divina](#)
3. Our Mother Mary desires always to lead her children to her Son, our Lord Jesus. While the Rosary is indeed a tool of praying to Mary, the mysteries of the rosary center around Jesus' earthly ministry.  
Taking a little extra time to meditate on these stages of our Lord's life, while asking Mary to help guide our meditation and prayer, is another means to both adore our Lord and to seek to connect all we do and endure with His ministry.
4. Through created works, we can come to know more about the one who created them. This is true for authors and artists, and it's true for our Lord. You can spend time either walking through God's creation (a park), or resting in it (your backyard, garden, park, etc.) and prayerfully meditate how gazing on God's creation can help you to know and look to God.

Our Lord says that whatever we do for others, we do for Him. You can make a willed prayerful intention that your time with family or others is a means for you to adore our Lord and ask God to receive the love you give them as also love for Him.