

Dear friends,



The new mailingsystem works!
So from now on you will get the email via this system; please don't be to critical about the lay out?

Today it is Laetare, traditionally a Sunday of celebration.
Corona has changed it, however, to a totally different day than we hoped for.
No live Holy Mass today, bít..... you do have the opportunity to see the Wageningen Laetare Mass, since it has been recorded:
it has been put on ICC internet ánd ICC facebook,
and thus we can be in contact with each other spiritually!

In this newsletter a lot of information.
Please look at it thoroughly?

Please remember in your prayers all the victims of the virus and all who help them?
And please pray for the governments, for strength and guidance in their decision making in this Corona epidemiology? In this newsletter you find a [prayer](#) that could help you with that. It is the same prayer that has been prayed at the end of the Laetare Mass.

Stay healthy, stay positive,
and stay connected with each other....not physically, but by prayer,
and by this huge now very helpful invention; the virtual media!

We'll keep you informed about the further developments concerning all measures.

ICC

Content

[For help and ideas](#) offer your help, ask for help, share your ideas via a special [emailadres](#)
[Communication](#) check the internet site of the parish / ICC for updates of measures and info
[Dutch newsletter](#) will be sent by snailmail to reach all parisheners: important information
[No Holy Mass](#) [alternatives](#)
[Spiritual Communion](#) prayers for Spiritual Communion
[Official advices](#) of the Dutch National Institute for public health and environment
[Adoration](#) this week on Tuesday, Thursday and Saturday
[Foodbank](#) and adoration; what do they have in common?

Prayers [for corona victims and all involved](#)
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List [Important email-addresses, websites and phone-numbers](#)

Offer your help if you want to help, ask for help if you need help, share your great ideas

This coronacrisis leads to a situation which is drastic to everyone.

Public gatherings are banned, schools, universities, pubs, etcetera, are closed, and people who have a cold, are coughing or sneezing or have a fever are urgently advised to stay at home. The children have to stay at home (and thus babysits are needed), also vulnerable people are advised to stay at home. Furthermore, since this week, nursing homes do not allow any visitors anymore.

Our usual social life has to be organized in a different way, and we all still have to get used to that.

Most of us are lucky to be able to use the internet, whats-app, email, and all other virtual devices to keep in contact with each other and to stay informed about the most recent developments.

There are many, especially older more vulnerable people, however, who don't have access to the internet and who are in great risk of (social) isolation. They cannot get the information they usually get when they come to church. There are people who are not able to do their shoppings anymore, or need some other practical help. There are people who are afraid, are in need for a listening ear, or are in need for a spiritual conversation. Perhaps you know someone who is in need for help.

On the other hand, this crisis also leads to togetherness and to exploring ones creativity in order offer help. New ideas pop up regularly. People want to help, and people do have ideas.

Our parish wants to bring those who can help and those in need in contact with each other.

Therefore, per location, we have opened an emailaddress and a phonenumber:

Corona crisis coordination point of our Parish, location Wageningen

Titus.Wageningen@gmail.com +31 6 16 7777 05 (from 9:00 - 19:00)

So, if you have an idea, if you want to help, if you are in need of help, or if you know somebody who needs help, don't hesitate to contact the "corona crisis coordination point" of our parish, location Wageningen.

And don't worry; the coordinator is perfectly able to read and write in English.

She / he has contact with the other coordinators, so they can find the perfect 'match', and can take care of implementation of ideas and spreading around of ideas.

Communication

Do you know that game, in which one person whispers a little message in the ear of the other person, who in turn whispers what he/she has heard in another persons ear, etcetera? And then at the end, the message has changed completely?

Sometimes messages get their own life. We want to avoid that in the communication in our parish, and therefore, all updates of information and all measures to be taken and all changes will be found on the internet site of our parish (in Dutch), at the ICC internet site (in English), and if possible, in the ICC newsletter.

Request: please pass on to each other, when there is new information on the internet site of the parish?

Dutch newsletter

This week a Dutch letter will be sent to all parisheners by snailmail, containing the emailaddresses and phonenumber of the corona crisis coordination points (sorry, don't know a better term) of all locations. In this way we hope to reach all parisheners, also those who don't have internet.

The practical information of this Dutch newsletter is incorporated in this ICC newsletter.

Alternatives for Holy Mass, Palm Sunday, Good Week, Easter

As announced in the previous newsflash, the Dutch bishops have announced that the public liturgical celebrations on Palmsunday, all other days of the Good Week and Easter are cancelled. All previously taken measures are extended until April 13.... They have decided this with pain in their hearts.

Of course we think about ways to offer alternatives, which we are well aware that cannot replace the Holy Eucharist.

Some examples:

Church

In Wageningen, the chapel of the church will stay open every day from 8:30 - 20:00 for prayer and for lighting a candle.

Holy Mass

If possible, the Dutch Holy Mass and the International Mass will be recorded weekly. These recordings will, if possible, be placed on:

ICC internet <https://www.iccwageningen.nl/>
ICC facebook <https://www.facebook.com/iccwageningen>
Internet site of our parish <https://www.ztitusbrandsmaparochie.nl/>

Adoration see also Spiritual Communion

We used to have Adoration frequently in Wageningen, organized by the Eucharistic Adoration Committee of our parish.

Also this week there will be opportunity for silent Adoration in our church: Tuesday March 24 from 18:00 - 20:00, Thursday March 26 from 15:30 - 18.30, and Saturday March 28 from 19:00 - 21:00.

Conform the recommendation of the Dutch bishops, there will be opportunity to offer durable food for the food bank when the Holy Sacrament is exposed for Worship.

The committee probably will arrange other moments for Adoration. So keep a good eye on the websites and the ICC newsletter.

Email address committee: adorationholysacrament@gmail.com

For all these activities: keep in mind the [Official advices](#)

We will continue to give you updates via the ICC website (English) and the website of the parish (Dutch) and via this ICC newsletter.

Communion

The best way to receive Christ is in Holy Communion at Mass.

But if this is not possible, you can still reach out to Him by making a [Spiritual Communion](#) in prayer.

At the end of this ICC newsletter, you can find some [prayers](#) that can help you with that.

Important email-addresses, websites and phone-numbers

Parish / local information		
ICC internet	https://www.iccwageningen.nl/	<ul style="list-style-type: none"> ○ The most current relevant information ○ Activities to be organized ○ Recordings of the English Mass
ICC facebook	https://www.facebook.com/iccwageningen	<ul style="list-style-type: none"> ○ Recordings of the English Mass
Parish internet (Dutch)	https://www.ztitusbrandsmaparochie.nl/	<ul style="list-style-type: none"> ○ The most current relevant information ○ Activities to be organized ○ Recordings of the Dutch Mass
Corona crisis coordination point of our Parish, location Wageningen	titus.wageningen@gmail.com +31 6 16 7777 05 (from 9:00 - 19:00)	<ul style="list-style-type: none"> ○ If you have ideas ○ If you need help (information, practical or spiritual help) ○ If you want to offer help
Dutch national information		
RIVM (National Institute for public health and environment)	https://www.rivm.nl/en/news/current-information-about-novel-coronavirus-covid-19	The most recent information about the corona crisis in the Netherlands and the measures to prevent the spread of the virus
RIVM helpline	0800-1351 +31 20 205 1351	For questions about the novel corona-virus Every day from 8.00 AM - 22:00 PM
Dutch Red Cross helpline	070-4455 888 WhatsApp: 06 5781 3499	For a listening ear, advice or extra help when you are in quarantine or isolated at home

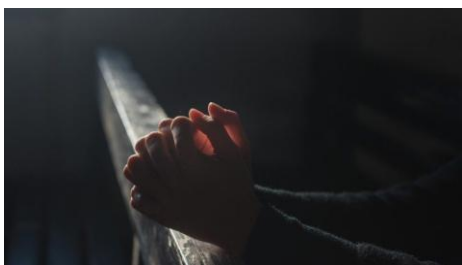
Advices RIVM (National Institute for public health and environment)

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The RIVM (the National Institute for public health and the environment), advised following measures to avoid spreading the coronavirus:

- take into account a physical distance between each other of at least 1.5 meter
- wash your hands regularly
- if you have to sneeze or cough do it in the inside of your elbow
- use paper handkerchiefs
- if you have a cold, if you have to cough, if you have a sore throat or fever; stay at home, avoid contact. Do not call your doctor until complaints get worse.

<https://www.rivm.nl/en/news/current-information-about-novel-coronavirus-covid-19>



Spiritual Communion

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"The best way to receive Christ is in Holy Communion at Mass. But if this is not possible, you can still reach out to Him by making a Spiritual Communion in prayer. St. Thomas Aquinas defined a Spiritual Communion as "an ardent desire to receive Jesus in the Most Holy Sacrament and in lovingly embracing Him as if we had actually received Him." " (Page, E., 2001, The book of Catholic prayers. PDP publications)

"Spiritually good people, pure in heart, who long for the Blessed Sacrament but cannot receive at the time, can receive it spiritually... even a hundred times a day, in sickness and in health, with immeasurable grace and profit" (John Tauler)

Prayers for Spiritual Communion

"But the hour is coming -- indeed is already here -- when true worshippers will worship the Father in spirit and truth" (John 4:23)

My Jesus,
I believe that You are in the Blessed Sacrament.
I love You above all things,
and I long for You in my soul.
Since I cannot now receive You sacramentally,
come at least spiritually into my heart.
As though You have already come, I embrace You
and unite myself entirely to You;
never permit me to be separated from You.

My Jesus,
I believe that You are in the Blessed Sacrament.
I love You and I long for You.
Come into my heart.
I embrace You;
never leave me again

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God,
through Christ our Lord.

For by your gracious gift each year
your faithful await the sacred paschal feasts
with the joy of minds made pure,
so that, more eagerly intent on prayer
and on the works of charity,
and participating in the mysteries
by which they have been reborn,
they may be led to the fullness of grace
that you bestow on your sons and daughters. (1st preface of Lent)

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.

For you will that our self-denial should give you thanks,
humble our sinful pride,
contribute to the feeding of the poor,
and so help us to imitate you in your kindness. (3rd preface of Lent)

Prayer

for the Corona-victims and all involved

God, our refuge in distress,
strength in our despair and fear,
comfort in sickness and suffering.
Be near and gracious to us, Your people
now that we are all experiencing the consequences
of the erupted corona virus.
Be a Guardian to them
who are infected with this virus;
we pray for them for hope and healing.
We pray for those who have died
by the effects of this virus;
that they may be salvaged with You.
We pray for all who work in health care
and for all who are responsible for the management:
that they may experience Your nearness and blessing
in their work at the service of all society.
Make us realize how great Your love is for each of us.
Make us , at this moment in which we experience
our vulnerability of our existence, realize that You are with
us.
Strengthen our faith and our hope
so that we always , without hesitation surrender
to Your paternal providence.
Through Christ our Lord.
Amen