

PASTORAL REFLECTION

THE Archdiocese of Kota Kinabalu suspended all public Masses from Sunday 15 March, and MCO1 was enforced on the day before the Feast of St Joseph, 18 March 2020. When can public Masses resume again? We do not know. Under this situation how has our spiritual life become? Many of us felt very sad when public Masses were first suspended, many said they wept during online Masses during the Triduum because they felt so separated from each other and our pastor.

Even when our churches re-open for public Masses, attending Mass will be very different from before MCO, because the risk of infection and dying from Covid19 virus would still be there.

In the meantime, even if we want to, we cannot receive the Eucharist sacramentally. As this continues indefinitely, there is a danger of many of us forgetting the Lord, in the new “normal” schedule of work, play and prayer times. Fear of infection is causing many of us to be glued to our handphones daily for hours to read about how to avoid infection etc., that we forget to do the one thing necessary: to go to our Lord Jesus in the Eucharist (even if spiritually and not sacramentally) and in the Word, daily; to pray and seek the intercession of our Blessed Mother and all the Saints.

Yes, we cannot receive the Lord sacramentally at Mass, but we can do so many other things to be with the Lord, to live as disciples of Christ. *“Ten things you should do until public masses return”* posted by Patti Armstrong in the National Catholic Register (a service of EWTN) on 17 March 2020 are some ways available to us. [<https://m.ncregister.com/blog/armstrong/no-mass>]. Some of the suggestions are: **Follow daily/Sunday Mass online, Pray the Rosary, Open your Bible and read it; Develop a devotion to the dying to help escort them safely into the arms of Jesus.**

Anne Wong, 9 May 2020

Chairperson

Parish Pastoral Council

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