In 'The Song of Bernadette' Our Lady told St Bernadette that She could not promise her happiness in this world, only in the next.

Of course, this applies to all of us living here below in this uncertain world. It goes without saying that people that live in West Texas (or all of Texas) are used to the vagaries of weather. We Texans have it all: tornadoes, ice storms, hurricanes, floods, droughts, you name it we have it. But this current situation is quite perplexing. We can't see the virus, nor taste it or feel it. We are given contradictory advice on how to fight it. We don't know how long the pandemic is going to last or how serious it's going to be.

Starting this week we are no longer able to distribute Holy Communion. This decision has been made by the bishop in consultation with the other Texas bishops and I'm sure with the USCCB and with the Holy See. It's a sad and distressful thing to separate Catholics from the Real Presence. For this very thing we are given the Act of Spiritual Communion. It's a prayer that goes like this:

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.

Keep this prayer and pray it as often and you like.

I will end by quoting Archbishop DiNardo: "While we are saddened by our continued inability to be present to one another in person, the prayer of the Church transcends space and time. Even as we may feel helpless or unable to act as human beings at times, we are reminded that the Holy Spirit cannot be bound. As the Gospel of Luke reminded us yesterday on the Solemnity of the Annunciation, “Nothing will be impossible for God.”" (Luke 1:37)