

KMCC's Spiritual Battle Plan

During the COVID-19 Pandemic

During Holy Week & Easter Season



Wash hands • Stay at home • **PRAY** • Stay calm • Smile!

POST THIS & THE PLEDGE ON YOUR WALL!

KMCC Spiritual Resolutions

- ◇ Daily:
Say the Our Father, Hail Mary, and Glory Be
- OR -
Divine Mercy Chaplet or Rosary
- AND -
The Prayer to End the Covid-19 Pandemic
- ◇ Attend Mass via livestream each Sunday.
- ◇ Follow battle plan below!



9:00 pm is KMCC's Prayer Time!

Unity through Prayer

Date	Ponder	Act	Pray	Sign (I did it!)
PALM SUNDAY April 5	[READ] Matthew 26:14 - 27:66 Look intently upon a crucifix in your room and write five single words that come to mind. Then ponder why you believe these words sprang up in your heart. Perhaps share these words and thoughts with others in your family, in your small faith community, or with anybody.	Read the enclosed "Pledge to Let Jesus Shine". Sign the sheet. Take a photo of yourself holding the sheet and email it to: photos@kmccoc.org or kakao to Sister Evangelica. Please send by April 14. Let us gather many of these photos to record in our history how KMCC remained united during this historical crisis.	At least once this week, pray the Sorrowful Mysteries of the Rosary.	
HOLY THURSDAY April 9	[READ] John 13:1-15 What should be the fruit of receiving the Eucharist faithfully?	Prayerfully participate in the Holy Thursday Mass via livestream at 7:30 pm. [Go to www.kmccoc.org and click on the "Livestream" button.]	During the livestream, immediately after Mass, there will be a brief time of adoration in which we will sing the "Tantum Ergo". During this time, kneel and prayerfully follow along. Plenary indulgence attached to this pray. See prayer sheet.	
GOOD FRIDAY April 10	[READ] John 18:1 - 19:42 Write five single words to describe the pain that Jesus felt while on the cross.	Prayerfully participate in the Good Friday Service via livestream at 7:30 pm.	Join the Stations of the Cross via livestream at 6:30 pm. Plenary indulgence attached to this. Also, if you wish, remember that the Novena of the Divine Mercy Chaplet can begin today.	
EASTER SUNDAY Week of April 11-12	[READ] John 20:1-9 What specific ways do I see Easter all around me?	(1) Prayerfully participate in the Easter Vigil (or Easter Sunday) Mass via livestream on Saturday at 8:00 pm or Sunday at 9:30 am for Korean or 11:30 am for English. During this Mass you will have an opportunity to receive a plenary indulgence when participating in the renewal of baptismal promises. (2) Find an Easter song that you love and sing it with a smile!!	Offer the Regina Coeli Prayer (which replaces the Angelus prayer during the whole Easter season). Offer this at least twice this week (or everyday!) at 12 pm. See prayer sheet.	
DIVINE MERCY SUNDAY Week of: April 19	[READ] John 20:19-31 Today's Gospel reading has so many beautiful points that are contained within it. Take some time to prayerfully read the Gospel, and highlight two or three verses that speaks to your heart.	Look up the corporal or spiritual works of mercy and make a resolve to do at least one of them.	Offer the Divine Mercy Chaplet at least twice throughout this week. See prayer sheet.	
3RD SUNDAY OF EASTER Week of: April 26	[READ] Luke 24:13-35 Today's Gospel is about the Holy Mass. What are all the elements of Mass that are contained in today's Gospel?	(1) Take a walk by yourself sometime this week and have a conversation with Jesus. (2) This Friday, is May 1, during which we will have the May Crowning. Join us via livestream (or at church if possible) at 7:00 pm and Mass immediately after.	Jesus' Sacred Heart also burns for us. So, let us offer the Prayer of Consecration to the Sacred Heart of Jesus. See prayer sheet.	
4TH SUNDAY OF EASTER Week of: May 3	[READ] John 10:1-10 Ponder about how Jesus has been the Good Shepherd in your life, either in a particular experience or in general.	Write the names of people who you have left the sheepfold of the Church and place it at the foot of the statue of Mary.	Let us offer the prayer for vocations during this week. See prayer sheet.	
5TH SUNDAY OF EASTER Week of: May 10	[READ] John 14:1-12 Take some time to ponder how grateful you are to be citizens of the Holy Catholic Church, through which Jesus shows us the clear way to his Father in heaven.	It's Mother's Day. Do something special for your mom. If she has passed away, you may want to offer a rosary in her name.	Offer the rosary at least twice during this week.	
6TH SUNDAY OF EASTER Week of: May 17	[READ] John 14:15-21 Describe an experience where trust and obedience to God's commandments has truly helped you live better?	Pick a command that God is giving you that you have been struggling with, and OBEY IT by the end of this week.	Ask the Holy Spirit to help you to obey a specific commandment with which you are struggling.	
ASCENSION SUNDAY Week of: May 24	[READ] Matthew 28:16-20 Jesus promises to be with us always. Ponder how you experience this in the everyday.	Sometime during this week, look up to the sky and pause for a moment to ponder.	Pray the "Our Father," the "Hail Mary" and the "Glory Be" for our RCIA elect whose baptism was delayed and are still waiting.	
PENTECOST SUNDAY Week of: May 31	[READ] John 20:19-23 Ponder the great urgency of the mission to evangelize. Unite yourself with the fire burning in his heart.	Using your cell phone, video record yourself or with your family, dancing for six seconds and email the video to photos@kmccoc.org. Let's really do this!	Offer the "Veni Creator Espritu" prayer during Sunday Mass. You can receive a plenary indulgence when offering it on Pentecost Sunday. See prayer sheet.	