

# SACRAMENTS at a Hospital

[www.padrepiminiistry.org](http://www.padrepiminiistry.org)

As of March 2020, many hospitals (including Inova Fairfax) will not allow a Catholic Chaplain to enter your room **unless YOU or a FAMILY MEMBER specifically request a visit**. Therefore, if you would like to receive Communion, Anointing of the Sick or any other sacrament, then **you or a family member must first call the Chaplaincy office (for Inova Fairfax, call 703-776-3767 (or ext. 6-3767), or ask a nurse to call on your behalf, to request a priest to visit you.**

**IF YOU KNOW in advance** that you are going to a health-care facility, it would be best if you **contact your parish BEFORE going to the facility**, in order to receive Anointing of the Sick or other sacraments ahead of time.

If you are not able to get to your own parish, you can find a list of all the health-care facilities in the Diocese of Arlington, and the parishes that serve these facilities, at the following link:

<https://padrepiminiistry.org/table-of-parishes/>

If you are not within the Diocese of Arlington, you can find a parish near your location at these websites:

<https://www.catholicdirectory.com/>

<https://www.parishesonline.com>

Cut out and keep this card in your wallet in case of an emergency, for when you are unable to speak.

I am a Catholic. If I am hospitalized, please ask a nurse or Chaplaincy Office to **call a priest to visit me.**

# HOLY COMMUNION

If you would like to receive Holy Communion, you or a family member **MUST** contact the hospital's Chaplaincy office first and request it so that a priest or Extraordinary Minister of the Eucharist can come to your room. When you call the Chaplaincy office, **state how often you would like to receive Communion** (e.g. once a day, only on Sunday, every other day,...).

If for some reason, you are not able to physically receive Holy Communion, then say a Spiritual Communion (below) as often as you like. To make this even more powerful, you could participate in Mass online as well.

## Mass online via browser

- <https://www.youtube.com/c/marysshine/videos> - Sunday Mass in the Crypt Church of the Basilica of the National Shrine of the Immaculate Conception.
- <https://mass-online.org/daily-holy-mass-live-online/> - Sunday and daily masses from churches around the world
- <https://www.watchthemass.com> – from the CatholicTV Network

## Mass apps for Android or Apple phones / tablets

*(search for these terms in app store)*

- “**Mass Online**” – developed by Marek Rzewuski
- “**CatholicTV**” – includes other Catholic programming

## **St. Alphonse de Liguori 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.

St. John Vianney once said: *“When we feel the love of God growing cold, let us instantly make a Spiritual Communion. When we cannot go to the church, let us turn towards the tabernacle; no wall can shut us out from the good God.”*

Likewise, Jesus told St. Catherine of Siena: *“In this golden chalice I put your sacramental communions. In this silver chalice I put your spiritual communions. Both chalices are quite pleasing to me.”*

# ANOINTING OF THE SICK

This sacrament, one of the two healing sacraments of the Church, can only be administered by a Catholic priest. It may be received by any Catholic over the age of reason (usually 7 years old) who is seriously ill, infirm from old age, or facing a serious operation. A young child under the age of reason may receive a special Blessing instead of Anointing. A person may receive this Sacrament more than once (i.e., for a worsening illness or a new illness or different procedure).

If you are not able to receive Anointing of the Sick in a timely manner, then call upon the Mercy of God through other powerful prayers - such as the Holy Rosary, the Divine Mercy chaplet, and other prayers - which can be found in our "*Powerful Prayers for the Suffering*" booklet or on our website: [www.padrepimini.org](http://www.padrepimini.org)

## CONFESSION / RECONCILIATION

If you would like to receive this sacrament, you or a family member must contact the Catholic chaplain first. In case a priest is not able to enter your room in time, then say an Act of Contrition with true repentance in your heart, and a trustful surrender to the Love and Mercy of God.

O my God, I am heartily sorry for having offended You, and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, Who is all-good and deserving of all my love. And I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin.

## BAPTISM / CONFIRMATION

In an emergency (i.e. danger of death), patients may receive the sacrament of Baptism. If a priest is not readily available for Baptism, a properly catechized layperson could perform the baptism. Any baptized Catholic (regardless of age) in danger of death may also receive Communion if possible, and Confirmation if they have not already been confirmed. However, if a child is under the age of 14 and there is a good chance of survival, then they should receive Confirmation at their parish.

**Any emergency Baptisms, Confirmations, or First Holy Communions done at Inova Fairfax Hospital are officially recorded with St. Ambrose parish in Annandale, VA.**

## Prayers, Catholic Bible & Other resources

- <https://padrepioministry.org> – includes links to video & audio Rosary, Chaplets and other prayers, as well as other helpful information
- <https://www.catholic.org/bible> – includes Catholic Bible & other prayers/information
- “**My Catholic Life**” – from My Catholic Life! – **Apple or Android app**  
POWERFUL and EXTENSIVE app that contains so many great Catholic resources, like daily Mass Readings & reflections (written, audio or video), various written prayers (including the Rosary, chaplets, novenas, and other special prayers), several versions of the Catholic Bible (including Spanish), information about saints and Catholic Teachings and more....
- “**EWTN**” –listed as *EWTN Religious Catalogue* – **Apple or Android app**  
but it includes much more, such as live streaming TV and radio, on-demand video & audio (including Masses), searchable and audio Bible, prayers & devotionals, and much more.

### *Encouraging Scripture Verses for those Facing Struggles*

**Psalm 23:1-6** ~ “The Lord is my shepherd; I shall not want. He makes me lie down in green pastures: he leads me beside the still waters. He restores my soul: he leads me in the paths of righteousness for his name’s sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for You are with me; your rod and your staff they comfort me. You prepare a table before me in the presence of mine enemies: you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever.”

**1 John 4:4** ~ “You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.”

**Joshua 1:9** ~ “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

**2 Corinthians 12:9-10** ~ “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.”

**Romans 5:3-5** ~ “Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”

**Romans 8:18** ~ “...our present sufferings are not worth comparing with the glory that will be revealed in us.”

**2 Corinthians 4:16-18** ~ “Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”