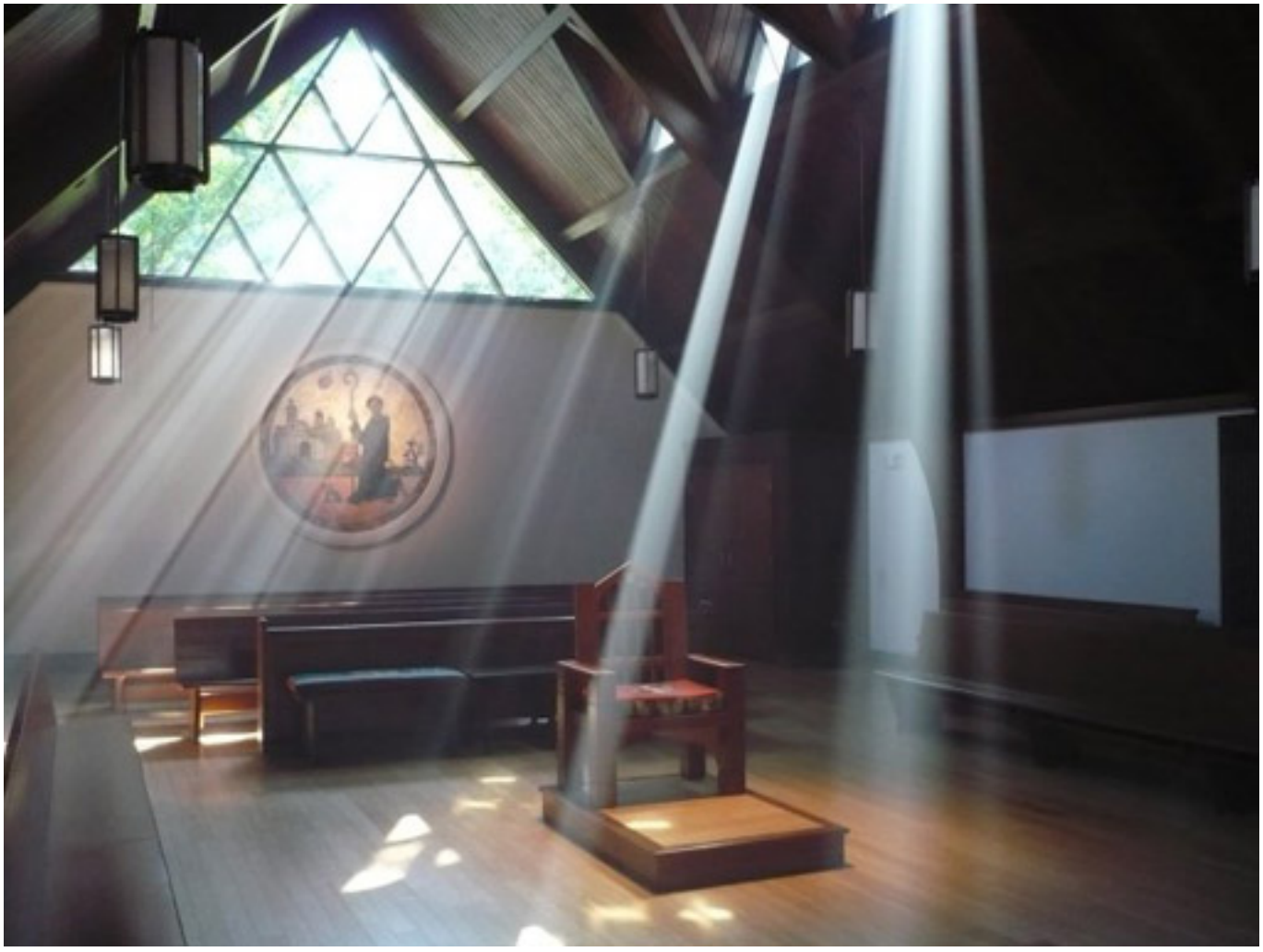


March 18, 2020

Dear Friend,

During these trying and uncertain times, we want you to know that the monks are here for you. We are praying for you at all our prayers, and

we ask that you pray for us in return.

Here are some things that you can do during this crisis, which we hope will provide you with some peace and comfort:

- Visit the Abbey church for your private prayers. The Church is open from 8 - 11:30 AM and from 1 - 4:30 PM. Social distancing will be in effect.

- Send the monks your prayer intentions by email by clicking this link: email .

- Watch our daily Mass (Mon - Sat at noon; Sunday at 9:30) live on Facebook .

- Share your love and faith with a loved one or friend and uplift their spirits by sending them a Mass Card or Spiritual Enrollment.We can personalize a message and send directly to your loved one. Order online or call 781-749-2155 ext. 342.

- Come and get some fresh air by walking our grounds and our labyrinth. You can also visit the goats and chickens.

- Meditate with Brother Matthias on Mondays and Thursdays at 6:30 PM on Zoom. Please contact Br. Matthias at bodnarm@glastonburyabbey.org , and he will send you the link.

- Check our Facebook page daily for prayers and poems and some nice surprises.

- Call 781-749-2155, x343, or email sheah@glastonburyabbey.org , if you need your Mass cards or groceries delivered locally, or some other type of assistance. Some folks here in the Business Office are happy to help!

May God bless you and keep you safe and healthy. We wish you peace and hold you in our hearts in prayer.



Abbot Thomas and the Monks of Glastonbury Abbey