



Chaplains know well the detrimental effects of isolation suffered by inmates as they live apart from loved ones outside of prison walls. Being isolated from their faith augments the pain of diminishing hope. For incarcerated Catholics, Heart of the Nation's Sunday TV Mass offers spiritual comfort and renewed connection with the wider community of faith.

Letters received by Heart of the Nation from inmates are poignant in their expression of care, not only for others who are in prison, but also for the sick, the frail, and those with disabilities who depend on the TV Mass. "I watch the Sunday Mass on T.V. because I am a[n] inmate in a state prison. It is a way for prayers that I offer to be shared with those of the Mass. It is also a way for me to fellowship with other inmates and shut-ins who are watch[ing] the Mass along with me. God Bless all of you at Heart of the Nation ministry," said Mark, in a letter from prison in Pennsylvania.

Heart of the Nation produces a Sunday TV Mass specifically for the pastoral care of Catholics unable to participate in Sunday liturgy in person. Homilies are prepared with compassion for TV Mass viewers. Although a televised Mass cannot provide the holy Eucharist, viewers pray a spiritual communion prayer during communion distribution. Heart of the Nation also provides a free *Prayer & Worship Guide* for use during the TV Mass and throughout the week. We will gladly send the guide to inmates by first-class, religious mail.

"I am incarcerated here at Waupun, correctional for a long time," wrote Harry, a Wisconsin inmate. "I just want to thank you for your monthly publications and especially for your inspiring Sunday Mass on T.V. Myself and other inmates look forward to it every Sunday."

Heart of the Nation brings Sunday TV Mass to every state in the country except Alaska. We have heard from inmates in 32 correctional facilities in ten states. Our hope is that chaplains will let more inmates know that the Mass is accessible to them. "I am a prisoner in Tennessee. I have been watching the Mass on ION TV every Sunday," said Randall. "We do not have Mass here on a regular basis though the local priest tries [sic] to get here once per month."

For those who will spend years or even the rest of their lives behind bars, the risk runs high of losing faith because they feel forgotten. Despair can easily take hold. "I was diagnosed cancer.... I am a lifer," said Jesse, who remains incarcerated in his home state. "I've been a Catholic over sixty years. I was baptized in Whittier, California when I was in the reformatory.... When we have no priest I listen to Heart of the Nation."

Contact information and a complete channel guide on where to watch the Heart of the Nation TV Mass is available at <http://www.heartofthenation.org>