

A FAMILY GUIDE TO

WATCHING VIRTUAL MASS AT HOME

BEFORE MASS

Get dressed as if you were going to church

Consider fasting for 1 hour before mass

Say a prayer together in preparation for mass

Prepare the area where you will be gathering

- Set up technology
- Clear the area of distractions and food
- Set up a table/ home altar in front of the tv
 - [Some items you could include are a purple table cloth, candles, the Bible opened to today's gospel, a cross or crucifix, a statue or picture of Mary and/or your family's patron saint, a list of your family's prayer intentions]
- You could also set up chairs around the tv or computer

Act of 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.*



DURING MASS

Participate actively by responding and singing if possible.

Stand, sit, and kneel as you would normally while attending mass.

Join in saying the prayer of spiritual communion.

Consider opening a Bible and following along with the readings.

Pray for an end to COVID-19 as well as for the safety of all medical practitioners and first responders.