

CELEBRATING MASS ONLINE

Getting the Most Out of Virtual Liturgy

LORD, HELP US TO WORSHIP YOU WORTHILY



GET DRESSED

Put on your Sunday best! This reminds us that the Mass is special. Though we are still in our homes, we can create sacred time and space.

SHOW UP EARLY

Decide when and where you will watch Mass. Make sure all technology is set. Gather 5 minutes early to pray.



RESPOND

Listen and respond as you would during Mass. Try to keep reverence by remaining silent when listening to the readings and prayers.

PARTICIPATE

Sit, kneel, stand as if you are in the Church. Our movements keep us engaged and remind us of our relationship with Christ.



MAKE AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You have already come, and unite myself wholly to You. Never permit me to be separated from You. Amen.

<https://adw.org/live-streamed-masses-and-prayers/>