

How to celebrate

Mass Online

Prepare like you are going to leave the house to attend Mass



Put on your Sunday best
(this may be our only chance
to dress up a bit)



Stand, Sit and Kneel
(the old Catholic calisthenics)



**Sing the hymns and
responses**
(if your kids roll their eyes,
you've got it right)

**Online
GIVING**

Make a Sunday offering
(online or mail in)

Pray
throughout

**Hunger for
Holy Communion**
(even though we are not able to
receive it at this time)

**Say the responses
out loud**
(“and with your spirit”)



Make a Spiritual Communion
(visit archspm.org/spiritualcommunion)



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.