

HOW TO PRAYERFULLY PARTICIPATE IN A STREAMED MASS

1. Create a prayerful environment at home.
 - Set up chairs facing the TV or monitor (if possible, avoid sitting on a couch)
 - Set up a prayer altar near the streaming device and include items such as:
 - A lighted candle to represent God's presence in your home
 - A Bible or missal open to the readings of the day
 - A crucifix
 - Sacred art and/or statues
 - Dress like you normally would for Mass
 - Take a few minutes of quiet prior to your experience of the Mass
 - If you have holy water available, bless yourselves before and after watching Mass

2. Pray along with the Mass using "full, conscious, and active" participation
 - Sing along with music ministers, if applicable
 - Make the Sign of the Cross at the start and end of the Mass
 - Say the responses and prayers (see "Mass Responses and Prayers" document)
 - Pray an "Act of Spiritual Communion" during Communion time
 - Stand, sit, and kneel at the appropriate times
 - i. Stand for the procession and opening prayer
 - ii. Stand at the Gospel reading
 - iii. Stand for the Creed and Prayer of the Faithful
 - iv. Kneel for the Eucharistic prayer
 - v. Stand for the final blessing

3. Go Forth!
 - After Mass, make a deliberate effort to reach out to family or other parishioners.
 - Gather for a special meal as a family after Mass (e.g. coffee and donuts).
 - Consider spending some designated family time following Mass (e.g. playing games, going for a walk, etc.).
 - Maintain Sunday as a day of rest, focusing on family time and prayer.
 - Commit to an act of service as a family following Mass (e.g. sewing masks, sending cards, donating to your parish and/or a charity, etc.)

