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:
     o A lighted candle to represent God’s presence in your home
     o A Bible or missal open to the readings of the day
     o A crucifix
     o 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.)