

# When I cannot get to Mass

**1. Spend time in prayer and read the day's Mass readings.** Spend some time in prayer. (You can even dress as you would if you were going to Mass!) Thank Our Lord for all the times you've been able to go to Mass in your lifetime and pray for those who do not have consistent access to the sacraments. Read the Mass readings for the day and say your favorite prayers. Daily Mass readings: [www.usccb.org](http://www.usccb.org)

**2. Make a Spiritual Communion.** Saint Thomas Aquinas defined Spiritual Communion as "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him." It is a wonderful practice for when we are not able to go to Mass. Here is a prayer by which you can make a 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.

**3. Try watching the Mass online or on TV** Our diocese offers Mass on line and you can also go to <https://www.ewtn.com/catholicism/daily-readings>  
<https://www.ewtn.com/catholicism/daily-readings>

**4. Remember to rest and enjoy true leisure.** We must remember to rest and relax on the Lord's Day and avoid any unnecessary work. Enjoy the outdoors or play a game with your family, call a friend and catch up, or make a nice cup of tea and read a book outside!

**5. Pray the Rosary** <https://p.praymorenovenas.com/blog/announcement-can-pray-rosaries>  
[https://www.ewtn.com/spanish/prayers/rosario/main\\_index.htm](https://www.ewtn.com/spanish/prayers/rosario/main_index.htm)

## 6. Online Meditations and Reflections

The Word Among Us <https://wau.org/meditations>  
La Palabra Entre Nosotros <https://la-palabra.com/meditations/>  
Pray More <https://praymoreretreat.org/>

## 7. Prayer during the corona virus by Pope Francis

<https://www.vaticannews.va/en/pope/news/2020-03/pope-francis-prayer-our-lady-protection-coronavirus.html>  
<https://www.agenciasic.es/2020/03/12/oracion-del-papa-ante-el-coronavirus/>

## 8. Pray

English <https://www.vaticannews.va/en/prayers.html>  
Spanish <https://www.vaticannews.va/es/oraciones.html>