

## 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.)



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