

Guidelines

FOR ATTENDING

Mass

ONLINE

Prepare a place for worship.

A table or flat surface with appropriate cover and a crucifix, candle or images or statues of saints or Jesus. Pray and put yourself in the presence of God. Focus on the celebration of the Eucharist and avoid other distractions.



Dress and participate in the Mass as if you were actually there. Observe the proper gestures, standing, sitting and kneeling when appropriate to maintain the reverence of the Mass. Respond and pray out loud alone or with your family.



When you cannot receive Communion and cannot attend Mass, you can make a spiritual communion, which is a most beneficial practice; by it the love of God will be greatly impressed on you.”
St. Teresa of Avila

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 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."

