

7 TIPS FOR LIVESTREAMING MASS FROM HOME

in the absence of public Masses

In the midst of the COVID-19 pandemic, we are invited to participate in the Mass during the live broadcast, if possible, to unite ourselves in prayer with the whole community of the faithful.

CHOOSE YOUR SPACE

Rearrange the furniture or set aside an area of your house to be used for Mass. Consider sitting on a chair instead of your couch to help break out of your usual TV watching routine.

PRAYER TABLE

Consider creating a prayer table on which to place your computer. You could place objects such as a candle, a crucifix, flowers or your Bible open to the day's Gospel, on your table to make it special.

DRESS FOR MASS

Get dressed for Mass, even though you won't be leaving the house. This will help you remember how important and special this time is.

PREPARE YOUR HEART

Read the readings ahead of time so you're familiar with them. Log onto the viewing platform a few minutes early, rather than rushing in at the last minute. Give yourself a few minutes to prepare your heart for Mass.

REMOVE DISTRACTIONS

Remove any items from your space that will distract you from participating fully in the Mass. This could include your phone, coffee, or even your breakfast.

PARTICIPATE FULLY

While it might be a little awkward at first, participate in the Mass (sing, sit, stand, kneel, respond out loud) as though you were present in the Church.

SPIRITUAL COMMUNION

Choose or write a prayer to receive Spiritual Communion and bring a printed or written copy to Mass with you.

Pray this prayer at the time for Communion, asking God to allow you to receive him spiritually because you can't receive him physically.

