



Virtual Mass Tips

AHEAD OF TIME

- ◆ Find an online Mass to “attend” and set up your connection.
- ◆ Consider setting up chairs for your “pews” instead of sitting on your sofa.
- ◆ Get dressed up as if you were going to Mass.
- ◆ Place holy water out so your family can bless themselves before Mass.
- ◆ Mark the readings in your Bibles before Mass begins so you can follow along.
- ◆ Offer up your Mass for your family’s intentions and for the needs of the world.

AS MASS BEGINS

- ◆ Light a candle on a table near your screen. This is a reminder that Jesus, the Light of the World, is there with you.
- ◆ Follow along in your *My Holy Mass* booklet.
- ◆ Participate by singing, saying the responses, standing, sitting, and kneeling as if you were in a church.
- ◆ Pray a spiritual Communion during the distribution of the Blessed Sacrament. (Found on the other side of this page.)
- ◆ Serve donuts or some special treat after Mass.



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An Act of 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

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