



Preparing for Mass

At Home

Our Gift

It may seem strange to be celebrating Mass from home. You must have a host of questions! Is this a "real" Mass? Do you say the responses out loud? Do you stand, sit and kneel? What about the Sign of Peace or your Offertory Gift? What about Communion? It feels odd to be "at Mass" in my living room. Is there a way to prepare myself for Mass at home?

These questions and more will be answered within. We hope that this digital booklet puts your mind at ease and helps you and your family celebrate Mass at home more deeply.



**Come Holy
Sprit!**

Is this a "real" Mass?

Yes! Even though we are not able to celebrate as one community together, we are celebrating as one community apart; united in our love of God through Jesus and united by the power of the Holy Spirit. When you open yourself to receiving the Holy Spirit, listen to the holy scriptures, reflect on the words offered in the homily and pray the Act of Communion with a receptive heart, this is a real and valid Liturgy.



Amen!

Do you say the responses out loud?

Please do! It may feel uncomfortable at first, but we promise you will get used to it. Proclaim your responses and sing with us as well!



**Be
Comfortable!**

Do you stand, sit and kneel?

Whatever makes you most comfortable. If you are physically able, please participate as you would normally, as if you were in church.



Peace!

What about the Sign of Peace?

If you are present with family, acknowledge those around you with eye contact, a nod, a wave and certainly a smile. If you are alone, you may consider closing your eyes and picturing your loved ones and praying for them.



Share!

What about my Offertory Gift?

There are a few options for you. You may mail it to us, give online through our website or save your envelopes for when you return. Our parish still serves those in need and relies on the support of the entire community to continue our mission.

Spiritual Communion Prayer

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 in 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.

The Body of Christ!

What about Communion?

In times of crisis, when it is not possible to receive the Body of Christ, it is acceptable to make an Act of Spiritual Communion. Spiritual Communion is a deep rooted desire to receive Jesus and to remain close to Him even though we are unable to be physically present with the community.



Relax!

Is there a way to prepare myself for Mass at home?

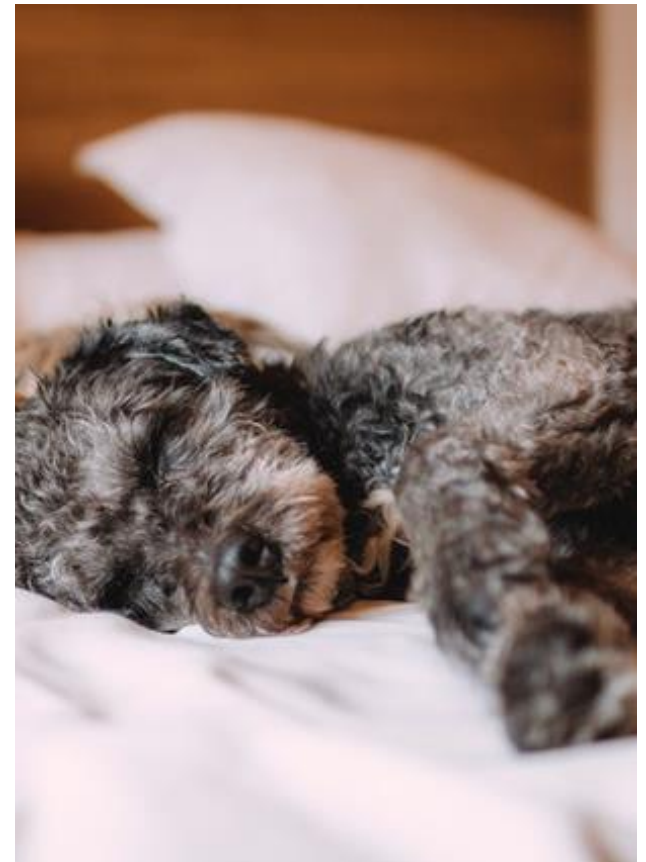
Short answer is YES. The next few pages will lead you through a quick exercise to help you prepare for the next time (and each time) you are ready to celebrate Mass at home. We invite you to prepare yourself just a few minutes before clicking play or turning the channel on your television.

Thank you for being with us, staying with us and, of course, praying with us!

Relax...

Your week has been a busy one, perhaps even chaotic. Thank God you made the conscious decision to be here today – to take time to pray, time to acknowledge that we are always in the presence of God and time to renew and re-energize yourself through this Liturgy.

Let us prepare for today's celebration...

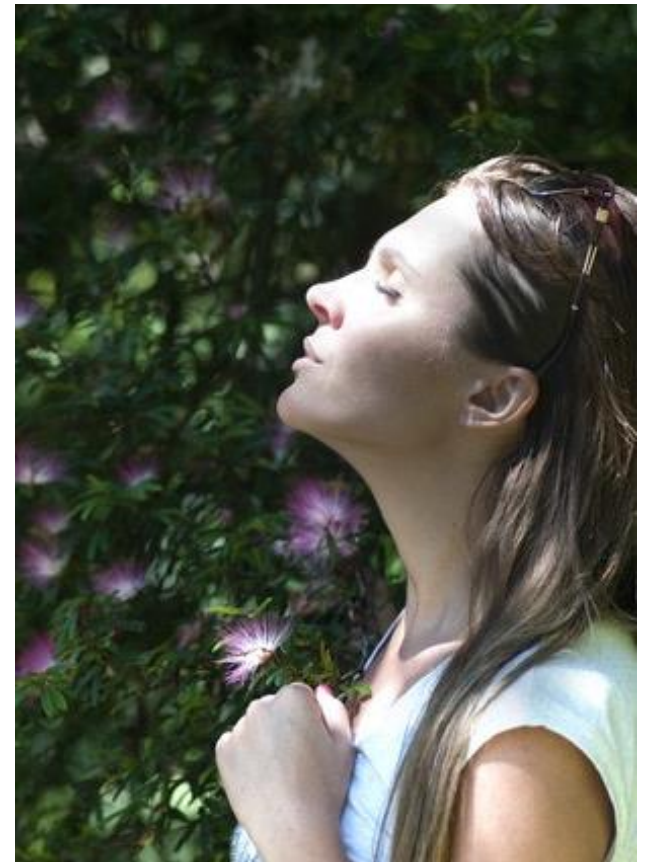


Breathe

Take a deep breath in. Think about your morning, your week, your month. As you exhale, rid yourself of the worry, stress and anxiety that come with it.

Breathe in again. Be aware of your body and mind calming. Exhale any tension and pressure that the rest of the day and your week ahead may hold.

Be in this moment; safe and in tune to God's love, peace and plan for you.



Be Open

Prepare a list of things for which you are grateful this past week. Acknowledge and thank God for each of them.

Continue this process during today's celebration. Allow one word, phrase, idea or action speak to you. Take this "one thing," write it down and pray with it for the coming week.

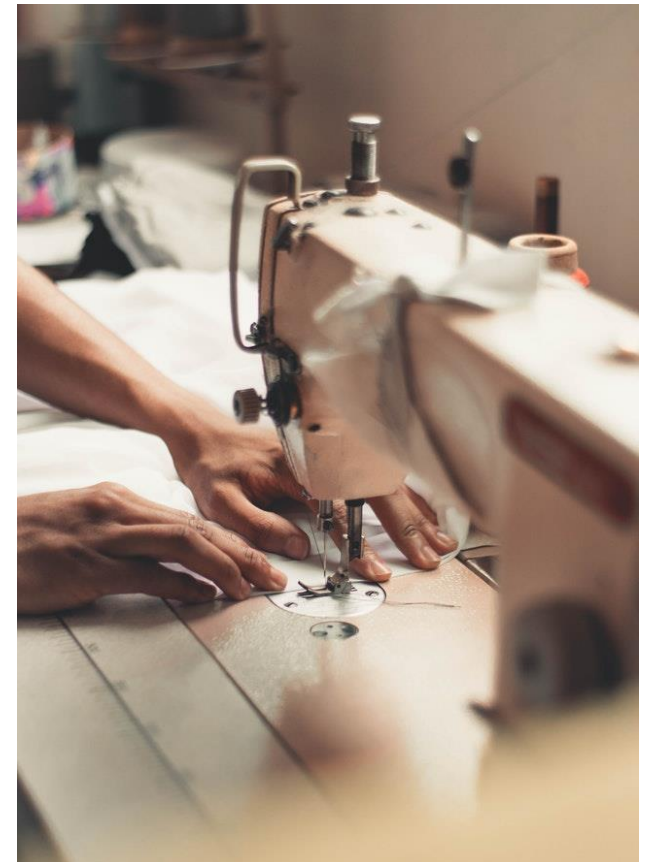
How can you incorporate this thought into your own life?
How can you use this thought to help change your actions in your community?



Take-a-Step

Our understanding of the Eucharistic celebration does not cease when the Mass has ended. Take it with you! You may wish to work with or talk with someone about your "one thing" this week; prepare for next week by looking at the readings <http://www.usccb.org/bible/readings>; or choose a new intention.

You may also choose to get involved. There are numerous ways to help during the present crisis including; staying home, donating goods or funds, sewing masks, calling loved ones, checking in on neighbors, etc. When we are past this critical time, consider serving in a ministry or two with us! There is always plenty to do!





**Thank
you!**

We are continually called to discover our role in building God's kingdom here on earth. Thank you for doing your part today!

We hope you will continue to take steps each day on this wonderful journey of discipleship! Together as the one Body of Christ, we stay united in faith to glorify God with our lives.

AMEN!

