

# St. John Neumann Church

## Keep the Mass Holy While Watching Live Stream

Follow these steps to join in with streamed Masses and prayer services to the fullest extent possible.

1. Create a prayer altar under your TV or streaming device. Consider including a crucifix, sacred art, or prayer intentions written down. Consider adding children's drawings of Jesus or other images.
2. Open your Bible to the Gospel of the day and place it on your home altar to remind you that the Word of God is among you.
3. Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.
4. Set up chairs like a pew to help you engage in the Mass and keep you from passively watching from the couch.
5. Get dressed as you normally would when attending Mass. Keeping this routine is especially helpful for children.
6. If you have Holy Water at home, bless yourself and your family before you begin Mass.
7. Take a few moments of silence to transition from the busyness of your home to the sacredness of the Mass.
8. Fully participate by standing, kneeling, sitting, and responding.
9. At Communion time, pray an Act of Spiritual Communion out loud:

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.

10. Engage in community by having breakfast and coffee after Mass. During this discuss the readings the day and the homily if you have family members at home. Prayer moves us to action; how might you live out the Gospel in the confines of quarantine?

Some of our Masses end with praying the Prayer to St. Michael the Archangel:

St. Michael the Archangel,  
defend us in battle.  
Be our defense against the wickedness and snares of the Devil.  
May God rebuke him, we humbly pray,  
and do thou,  
O Prince of the heavenly hosts,  
by the power of God,  
thrust into hell Satan,  
and all the evil spirits,  
who prowl about the world  
seeking the ruin of souls. Amen.