

CELEBRATING VIRTUAL LITURGIES AS A FAMILY

PREPARE

Dress up the table around the device you will be using. Use appropriate liturgical colors (purple is for Lent, white is for Easter, and green is for ordinary time). Also place a candle, Bible and crucifix next to your device. Set up your chairs as if you were in a chapel.

Don't forget to get dressed! Participating in liturgy is different than watching television. Although it is okay to watch a movie in your pajamas, effort on our appearance helps us to know this is important.



CELEBRATE

Although there may not be doughnuts, fix your family's favorite meal, like pancakes. Around the table reflect on the Word and homily.

Talk about something your family can do to help those in need. Maybe an elderly neighbor needs help with shopping, or there is a project you can do as a family. Maybe there is a charity like Catholic Charities or Catholic Relief Services you can donate to.



Diocese of Monterey

Department of Catechetical Ministries

Visit our website for more resources and links to the daily scripture readings

<https://dioceseofmonterey.org/catechetical-ministries>

WORSHIP

Engage! Sing, respond, and pray together. Stand, sit and kneel at the appropriate time. Pay special attention to the Prayers of the Faithful and respond, "Lord, hear our prayer". Add your own intentions in your heart. When it comes time for communion say a prayer. Remember that we are in solidarity with parts of the world where weekly communion is not possible. (See prayer for spiritual communion below.)

Don't forget the collection! You can give every week by donating through the Diocesan or parish's web site. It is important to continue your giving so that wages and bills can be paid!

WHAT IS SPIRITUAL COMMUNION?

A spiritual communion is a uniting of oneself to the Sacrifice of the Mass through prayer, and can be made whether one is able to receive Communion or not.

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.