

**“The Sunday Routines we shape for ourselves can continue to nourish us, even as so many grieve the loss of receiving the Body of Christ.”**

As so many parishioners are joining in live broadcasts of Sunday and weekday Mass it might be helpful to consciously think about how we go about participating in them. These suggestions for praying the Mass via technology may be helpful:

- Dress as you would for Mass
  - Have your technology ready and be on time
- Turn off any technology that might distract you during Mass
- If possible, join in the Mass as a family and have a member light a candle before Mass begins, perhaps beside a cross or another sacred image.
  - Share in the responses, prayers and gestures of the Mass
  - Stand for the Gospel and Our Father; kneel as appropriate if you can; share some sign of peace if you are with others.
  - Join in the singing
  - At the time of Holy Communion, make an act of spiritual communion

And finally, when Mass is ended go in peace from this prayer to live what you have prayed.

In these darkest of days, our keeping of Sunday can give us exactly the light, sustenance and grace we need to carry us through the rest of our week. Sunday is God’s gift to us. It’s up to us to do the unwrapping

*By Julie Kavanagh, Diocese of Kildare & Leighlin, The Irish Catholic.*