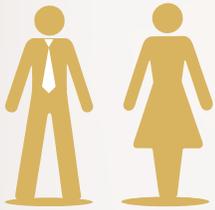




# How to celebrate Mass Online

Prepare like you are going to leave the house to attend Mass



**Put on your Sunday best**  
(this may be our only chance to dress up a bit)



**Stand, Sit and Kneel**  
(the old Catholic calisthenics)

**Sing the hymns and responses**

(if your kids roll their eyes, you've got it right)



**Online GIVING**

**Make a Sunday offering**  
(online or mail in)

*Pray*  
throughout

**Hunger for Holy Communion**

(even though we are not able to receive it at this time)

**Say the responses out loud**

("and with your spirit")



**Make a Spiritual Communion**  
(visit [archspm.org/spiritualcommunion](http://archspm.org/spiritualcommunion))

