



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

**Say the responses  
out loud**  
("and with your spirit")



**Hunger for  
Holy Communion**  
(even though we are not able to  
receive it at this time)



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

