



5 WAYS TO CELEBRATE

Sundays

WHILE IN SELF ISOLATION



In many dioceses, public Masses have been suspended as a preventative measure to stop the spread of COVID-19 Coronavirus. In these extraordinary times, there are many opportunities to develop our spiritual life and celebrate the Lord's Day in different ways. It is important to frequently check for new updates from the Government and the Diocese to help stop the spread of the virus.



> FOLLOW THE MASS ONLINE

There are many dioceses and websites offering a live-stream of the Mass. This is an excellent way to unite ourselves to the Holy Sacrifice and pray for those who are suffering during this pandemic. At the back of this flyer, there are suggestions as to how to follow the Mass online.

SPIRITUAL COMMUNIONS <

If you're not able to receive Holy Communion, say a Spiritual Communion. St. Josemaria was fond of the Spiritual Communion which he was taught as a child:

"I wish my Lord to receive you with the purity, humility and devotion, with which your most holy Mother received you, with the spirit and fervour of the Saints. Amen."



> VISIT A CHURCH



Although Masses and public liturgies are no longer available, many churches are still open and people are encouraged to visit, as long as social distancing can be maintained. Spending time with Jesus who is reserved in the tabernacle would be a fantastic way to be close to Our Lord during these times. Bring a bible so that you can read the Word of God, meditate on the Stations of the Cross or simply talk to Jesus.

FAMILY PRAYERS <

The Catholic Church is a family and we celebrate the Lord's Day as a family in our local parish. While remembering the importance of social distancing, spend some time with your family to watch the Mass, say the rosary or do some prayer together. This may be a good time to grow together in family life and in this way, we remember the Communion of Saints and we can offer support to all our friends and families.



> DO SOMETHING SPECIAL FOR MARY

Throughout the Church's history, Mary took care of those who are suffering and sick. Mary is our Mother and she will look after us. Do something to help others - call your elderly relatives, offer to do the shopping for them or take them a meal, only if you are not feeling sick yourself.



TIPS TO FOLLOW THE HOLY MASS ONLINE

Quarantine and forced isolation do not have to be an obstacle to daily participation in the Holy Mass. Many dioceses and Catholic media outlets are offering ways to follow the Mass online or on television. Of course, it's not always easy to be attentive and pious when attending Mass in this way. So here are some suggestions for how to do so with more devotion under these circumstances.

Adapted from <https://www.opusdei.org/en-nz/article/advice-follow-mass-online>

#1. UNITE WITH OTHERS

Even better than following the Mass alone, try to do so with others in your family. When everyone's focus is united, it's easier to concentrate. Choose the Mass time that best suits everyone's schedule, and make it a family event of the day. Try to follow along with a Missal if you have one.

#2. CREATE THE RIGHT SETTING

Take care of the atmosphere in the room. For example, you could put a cross or an image of Our Lady near your TV or computer, and light a candle or two if you have some.

#3. GET DRESSED

Dress for the occasion: you might be at home, but leave the pyjamas for bedtime and the tracksuit for sports time.

#4. GO THROUGH THE MOTIONS

Try to attend the Mass as if you were in your parish, standing when the Gospel is read, sitting down during the offertory, kneeling during the consecration, etc. These gestures are full of meaning.

#5. PRAY A SPIRITUAL COMMUNION

Although you may not be able to receive Jesus in the Eucharist, you can still pray a Spiritual Communion.

#6. WHAT'S THE RUSH?

Don't be in a hurry: the Mass has incredible value, and right now there are so many things to pray for. Stay for a few moments after Mass has ended to pray for everyone: the deceased, the sick, health professionals, government officials and, of course, the Church, the Pope, our bishops and your parish.

You can follow the Holy Mass online from several sources:

- www.catholictv.org/masses
- www.wordonfire.org/daily-mass
- www.ewtn.com/catholicism/daily-readings