



Keeping Sunday Sacred

Although public Masses have been suspended in our diocese, there are still many ways we can give ourselves and our families to the Lord on Sunday.

If you are living on your own, please remember that your prayers are joined with the mystical Body of Christ, on heaven and on earth — prayer is always an invitation to enter into community.

If you are home with family, please consider praying and doing these activities with one another. This is a unique opportunity to nourish the life of your domestic church (your family!).

Prayers

✦ [Watch Sunday Mass](#) at home and **make an act of spiritual communion** (below). Masses will be livestreamed on our diocesan website.

My Jesus, I believe that you are present in the most holy Eucharist. I love you above all things, and I desire to receive you into 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.

✦ **Pray the [Rosary](#).** It is traditional to pray the Sorrowful Mysteries on Sundays in Lent.

✦ **Pray before bed.**

Activities

✦ **Make a sacred space** in your home. Set aside a wall, corner, or room for family prayer. Get creative!

✦ **Reach out to those who are isolated.** Send a letter or make a phone call to the older people in your parish or community or those in nursing homes.

✦ **Light a candle** in your home to represent the light of Christ and your family's intentions.

✦ **Sit down for a Sunday meal.** Challenge everyone to put away those phones! You can discuss the [Sunday Gospel](#) together or simply share your experiences during this unique time.

✦ Make good use of those screens! **Watch some Catholic content** online — there are lots of excellent movies, study programs, and YouTube videos for all ages. Some suggestions:

- [Ascension Presents](#) (YouTube)
- [Word on Fire](#) (YouTube)
- [Catholic Central](#) (YouTube)
- [FORMED.org](#)

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