

Tips for Celebrating Online Mass

Please visit the St Thomas a Becket website for information and links to our online Masses and other services. The online Mass at St Thomas a Becket shows most of the responses and prayers on the screen.

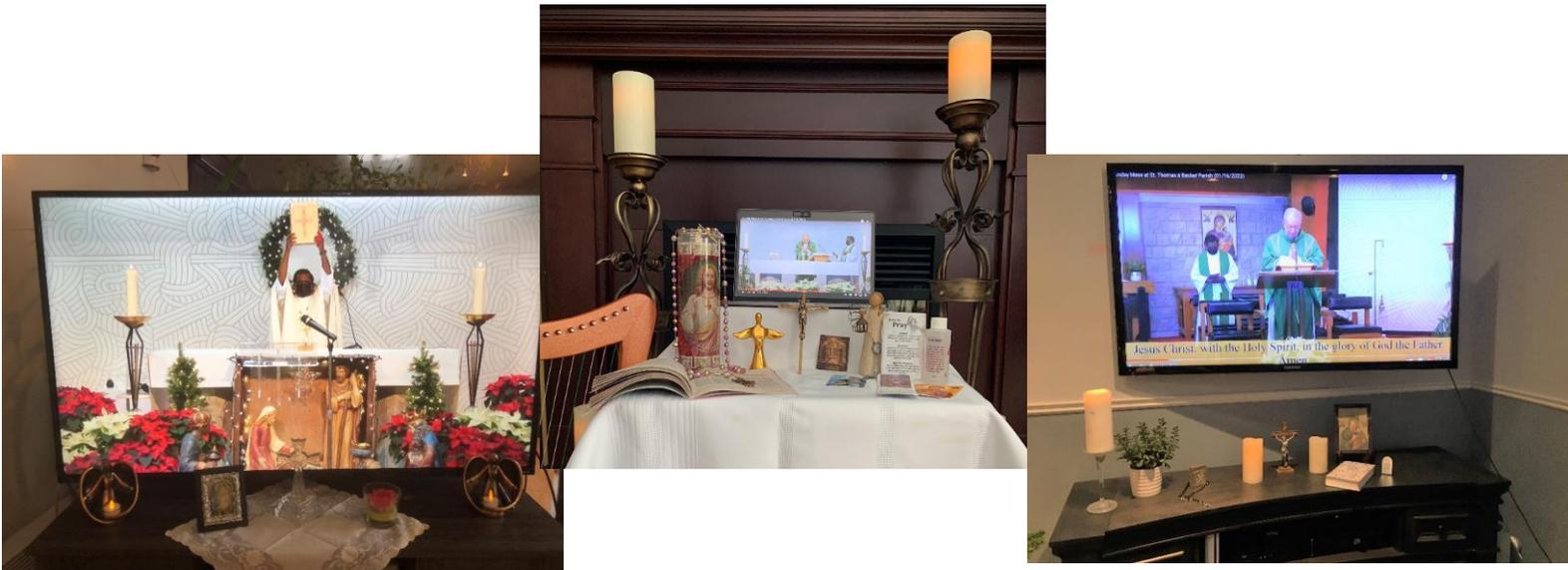
1. Co-ordinate with family and friends: Attending Mass together, even live-streamed can enhance the feeling of community.
2. Dress up: Dressing for Mass helps us make the shift from hanging around to a Holy Eucharistic celebration.
3. Set-Up:
 - Set up chairs to sit on; this helps to keep attention and avoid lounging during Mass.
 - Cover a table with a tablecloth. Place a Bible, some candles, a plant, religious art or Icon to help focus attention.
4. Prepare: Prepare your heart as you would, arriving at church a few minutes early. Sit quietly to prepare your heart. Look at the readings of the day online, for example, by downloading a free App such as Amen: <https://amenapp.org/>
5. Pray the responses out loud: Perform the Liturgical gestures. The Mass invites us to participate as all these things together deepens our thoughts and participation and makes it as close to Mass as it can be.

REMEMBER:

- + Standing at the appropriate time gives a sense of standing in solidarity with Christ.
- + Kneeling is a sign of reverence.
- + Sitting tall encourages us to really listen.

SPIRITUAL COMMUNION:

- + We unite ourselves to be closer to God through prayer.



An Act of Spiritual Communion

My Jesus, I believe that You are present in
the Most Holy Sacrament.

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

