

AT HOME WITH YOUR FAITH

Celebrate Sunday



- Set up a home altar or prayer space with a cross, icons or sacred art, and the Bible.
- Light a candle.
- Take a few quiet minutes before Mass starts. Gather your thoughts and prepare one intention to bring to the Lord.



- Find a Mass at www.archbalt.org/online-mass.
- Enjoy your coffee, breakfast, or brunch before or after Mass.
- Actively participate: sit, kneel, stand, and respond.
- Recite this prayer together as a family after 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.*



- What is one thing that struck you about the readings? The homily? Share it with your family. Ask your children what struck them.
- Host a virtual brunch with another family after Mass via Hangouts, Zoom, or GoToMeeting.



- Support your local parish by contributing online or dropping off a check sometime with week. Check your local parish's website for ways to contribute, but many can be found on www.faithdirect.net.

Find **daily** ideas on how to live your faith at home:
www.archbalt.org/at-home