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