

# TV/INTERNET MASS

1. Remember **you are participating in a Holy Mass**
2. Before the mass, **clean and put everything around you in order**
3. **Wear decent clothing** as when you attend Sunday Mass
4. Consider **fasting 1 hour before**
5. **Get rid of distractions away from the screen** like gadgets and food or any reading materials
6. **Do some initial prayers** of preparation before mass
7. During the TV mass, **participate actively** by responding and singing if possible
8. **Write down your family intentions** and place them on a table
9. **Stay put in the area of the TV** and avoid standing and doing things not related to the Mass
10. **During the consecration, kneel** before the presence of Christ in the Sacred host and wine
11. **Avoid holding hands even at home** during the mass
12. Do the **spiritual communion** since you cannot physically receive Holy Communion.
13. **PRAY** that the COVID-19 will end very soon and pray for all the medical practitioners.