



Church at Home

KEEPING SUNDAY HOLY

The Coronavirus has upended almost all normalcy from our daily lives: no more school, no more soccer practice, no more work conferences...no more Mass? Though your family cannot attend Mass in person this Sunday, we know your family needs a rooted, hope-filled connection to God. So we invite you to set aside an hour this Sunday to pray and discover the Gospel message as a family. Below are some suggestions, tips, and tools to help you navigate this new terrain.

Place a green branch on your door this Sunday!

This weekend is Palm Sunday and each year we hear about how the crowds welcomed Jesus into Jerusalem with green palm branches, honoring him as the Messiah. Even though our parish can't gather to process with palms, we want to see these green branches all over our neighborhoods, so we invite you to place a green branch on your front door. Why?

- To honor our King and His sacrifice during Holy Week
- As a symbol of hope: the fear and anxiety we feel today finds an answer in the power and hope of Easter resurrection.

Branches can be hung as wreaths, boughs, or tied with ribbon...you decide. Spread the word, and keep an eye around your neighborhood for these reminders of God's love for us.



Stream Sunday Mass

There are numerous options for your family to stream Sunday Masses. Here are a few we think you'll love.

- **Mass with Fr. Paul at St. Pius X:** St. Pius parish is posting Sunday Mass with Fr. Paul Portland, SDS and Fr. Patric Nikolas, SDS which includes music. (<http://www.stpiusparish.org/>)
- **Mass with Bishop Barron:** Bishop Barron has a gift for teaching the faith. He offers daily and Sunday Masses on his "Word on Fire" website with high quality audio and camera. Videos are posted at 7:15am daily. (<https://www.wordonfire.org/daily-mass/>)
- **Mass with Fr. Mike Schmitz:** Fr. Mike is an international speaker, he is high-energy, inspiring, and engaging. He is beloved by many, but especially teens and young adults. [Livestream on youtube at 9am.](#)
- **Mass with Fr. Dennis Saran:** If you're looking for something a bit more familiar, Fr. Dennis Saran (former associate pastor at Christ King and St. Bernard) posts daily and Sunday Masses. These Masses have a more "normal" feel as they have included music and lectors. (<https://stdominic.net/gather/mass-recordings/>)

Follow Along

You can follow along with the Mass readings or nominate a family member to read them aloud:

- US Conference of Catholic Bishops (<http://usccb.org/bible/readings/index.cfm>)
- Laudate or Magnificat App (free on iPhone and Android)
- Pause the video to open your Bibles to the correct passage and follow along.
 - Gospel (with procession): Matthew 21:1-11
 - 1st Reading: Isaiah 50:4-7
 - Psalm 22
 - 2nd Reading: Philippians 2:6-11
 - Gospel: Matt. 26:14—27:66

Tried and true tips...

- **Set expectations:** Explain that when we stream Mass, this isn't like watching a movie, this time is unique and we should treat it the same way we treat Mass when we're in church. No giggling, eating, drinking, etc.
- **Dress up...** or at least don't wear pajamas. Changing our clothes into something special is a mental cue that what we're doing is different.
- **Set up chairs like a pew:** Move your couch out of the way and set up dining room chairs in a line or half circle. Comfy chairs and couches are a signal to veg out and turn off our brain. Sitting in a dining room chair is a bit less comfortable, but it reminds us of sitting in pews at church and may help us focus.
- **Set up your coffee table like a family altar.** Move a coffee table in front of your TV and add two candles and a crucifix. Then invite each member of your family to add one religious item of their choosing to the table; these could be religious art, crucifixes, rosaries, prayers, Bibles, pictures of your family receiving the sacraments, etc. Make sure every family member is represented somehow.
- **Stand, sit, kneel, and reply.** Do all the postures and responses you would normally do at Mass. This will keep you engaged and make this feel a bit more like a normal Mass.
- **Find Lectors:** If you are not live-streaming, you can nominate family members to read the 1st and 2nd readings and the psalms (see attached), then just fast forward to the Gospel. But, remember to let the priest or deacon on TV read the Gospel!
- **Add your own petitions:** pause the video after the petitions are read and ask each family member to add their own intentions.
- **Make an act of spiritual communion.** During communion time, when you would normally receive the Eucharist, lead your family in making the prayer of spiritual communion. This prayer asks God to give you all the graces you would receive from the Eucharist, even if you can't receive it today.
- **Have a delicious, Sunday-worthy breakfast after Mass!**

Interactive Family Time...

- **Family Bible Study:** If you can't stream Mass, or you want something more, consider leading a little Bible study on the Sunday readings with your family. You can find a one-hour family-friendly exploration of the Sunday Gospel, including discussion, activities, reflection video and prayer through Life Teen. (www.summit.lifeteen.com)

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.

First Reading: Isaiah 50:4-7

A reading from the prophet Isaiah.

The Lord GOD has given me a well-trained tongue, that I might know how to speak to the weary a word that will rouse them. Morning after morning he opens my ear that I may hear; and I have not rebelled, have not turned back. I gave my back to those who beat me, my cheeks to those who plucked my beard; my face I did not shield from buffets and spitting. The Lord GOD is my help, therefore I am not disgraced; I have set my face like flint, knowing that I shall not be put to shame

The Word of the Lord. (*everyone responds: Thanks be to God.*)

Responsorial Psalm: Psalm 22

My God, my God, why have you abandoned me? (*everyone will repeat this phrase*)

All who see me scoff at me;
they mock me with parted lips, they wag their heads:
"He relied on the LORD; let him deliver him,
let him rescue him, if he loves him."

R. My God, my God, why have you abandoned me?

Indeed, many dogs surround me,
a pack of evildoers closes in upon me;
They have pierced my hands and my feet;
I can count all my bones.

R. My God, my God, why have you abandoned me?

They divide my garments among them,
and for my vesture they cast lots.
But you, O LORD, be not far from me;
O my help, hasten to aid me.

R. My God, my God, why have you abandoned me?

I will proclaim your name to my brethren;
in the midst of the assembly I will praise you:
"You who fear the LORD, praise him;
all you descendants of Jacob, give glory to him;
revere him, all you descendants of Israel!"

R. My God, my God, why have you abandoned me?

Second Reading: Philippians 2:6-11

A reading from the letter of St. Paul to the Philippians

Christ Jesus, though he was in the form of God, did not regard equality with God something to be grasped. Rather, he emptied himself, taking the form of a slave, coming in human likeness; and found human in appearance, he humbled himself, becoming obedient to the point of death, even death on a cross. Because of this, God greatly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

The Word of the Lord. (*everyone responds: Thanks be to God.*)

Gospel Reading: Matthew 26:14-27:66

(due to the length of the full Gospel reading, below is the shortened, optional version, Matthew 27:11-54)

Jesus stood before the governor, Pontius Pilate, who questioned him, “Are you the king of the Jews?” Jesus said, “You say so.” And when he was accused by the chief priests and elders, he made no answer. Then Pilate said to him, “Do you not hear how many things they are testifying against you?” But he did not answer him one word, so that the governor was greatly amazed.

Now on the occasion of the feast the governor was accustomed to release to the crowd one prisoner whom they wished. And at that time they had a notorious prisoner called Barabbas. So when they had assembled, Pilate said to them, “Which one do you want me to release to you, Barabbas, or Jesus called Christ?” For he knew that it was out of envy that they had handed him over. While he was still seated on the bench, his wife sent him a message, “Have nothing to do with that righteous man. I suffered much in a dream today because of him.” The chief priests and the elders persuaded the crowds to ask for Barabbas but to destroy Jesus. The governor said to them in reply, “Which of the two do you want me to release to you?” They answered, “Barabbas!” Pilate said to them, “Then what shall I do with Jesus called Christ?” They all said, “Let him be crucified!” But he said, “Why? What evil has he done?” They only shouted the louder, “Let him be crucified!” When Pilate saw that he was not succeeding at all, but that a riot was breaking out instead, he took water and washed his hands in the sight of the crowd, saying, “I am innocent of this man’s blood. Look to it yourselves.” And the whole people said in reply, “His blood be upon us and upon our children.” Then he released Barabbas to them, but after he had Jesus scourged, he handed him over to be crucified.

Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. They stripped off his clothes and threw a scarlet military cloak about him. Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, “Hail, King of the Jews!” They spat upon him and took the reed and kept striking him on the head. And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him.

As they were going out, they met a Cyrenian named Simon; this man they pressed into service to carry his cross.

And when they came to a place called Golgotha — which means Place of the Skull —, they gave Jesus wine to drink mixed with gall. But when he had tasted it, he refused to drink. After they had crucified him, they divided his garments by casting lots; then they sat down and kept watch over him there. And they placed over his head the written charge against him: This is Jesus, the King of the Jews. Two revolutionaries were crucified with him, one on his right and the other on his left. Those passing by reviled him, shaking their heads and saying, “You who would destroy the temple and rebuild it in three days, save yourself, if you are the Son of God, and come down from the cross!” Likewise the chief priests with the scribes and elders mocked him and said, “He saved others; he cannot save himself. So he is the king of Israel! Let him come down from the cross now, and we will believe in him. He trusted in God; let him deliver him now if he wants him. For he said, ‘I am the Son of God.’” The revolutionaries who were crucified with him also kept abusing him in the same way.

From noon onward, darkness came over the whole land until three in the afternoon. And about three o’clock Jesus cried out in a loud voice, “*Eli, Eli, lema sabachthani?*” which means, “My God, my God, why have you forsaken me?” Some of the bystanders who heard it said, “This one is calling for Elijah.” Immediately one of them ran to get a sponge; he soaked it in wine, and putting it on a reed, gave it to him to drink. But the rest said, “Wait, let us see if Elijah comes to save him.” But Jesus cried out again in a loud voice, and gave up his spirit.

And behold, the veil of the sanctuary was torn in two from top to bottom. The earth quaked, rocks were split, tombs were opened, and the bodies of many saints who had fallen asleep were raised. And coming forth from their tombs after his resurrection, they entered the holy city and appeared to many. The centurion and the men with him who were keeping watch over Jesus feared greatly when they saw the earthquake and all that was happening, and they said, “Truly, this was the Son of God!”

Other Mass Parts

PENITENTIAL ACT

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

APOSTLES CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

NICENE CREED

I believe in one God, the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God, begotten, not made,
consubstantial with the Father;
through him all things were made.

For us men and for our salvation
he came down from heaven, and by the Holy Spirit was
incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate,
he suffered death and was buried, and rose again on the
third day in accordance with the Scriptures.
He ascended into heaven and is seated at the right hand
of the Father. He will come again in glory to judge the
living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead and
the life of the world to come. Amen.

HOLY, HOLY, HOLY

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest.
Blessed is he who comes in the name of the Lord. Hosanna in the highest. *(All kneel down after)*

MEMORIAL ACCLAMATION

We proclaim your Death, O Lord, and profess your Resurrection, until you come again.

Or: When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

Or: Save us, Savior of the world, for by your Cross and Resurrection you have set us free.

LAMB OF GOD

Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, have mercy on us.
Lamb of God, you take away the sins of the world, grant us peace.