



Church at Home

KEEPING SUNDAY HOLY

“Wherever two or three are gathered together in my name, there am I in their midst.”

- Matthew 18:20 -

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.

Stream Sunday Mass

There are probably hundreds of Sunday Masses available online right now. Here are a few we think your family will 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 Mass. 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 using the following:

- US Conference of Catholic Bishops (<http://usccb.org/bible/readings/index.cfm>)
- Laudate App (free on iphone and android)
- Pause the video to open your Bibles to the correct passage and follow along.
 - 1st Reading: Ezekiel 37:12-14
 - 2nd Reading: Romans 8:8-11
 - Psalm 130
 - John 11:1-45



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 you 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 below 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: Ezekiel 37:12-14

A reading from the prophet Ezekiel.

Thus says the Lord GOD:

O my people, I will open your graves
and have you rise from them,

and bring you back to the land of Israel.

Then you shall know that I am the LORD,
when I open your graves and have you rise from them,
O my people!

I will put my spirit in you that you may live,
and I will settle you upon your land;
thus you shall know that I am the LORD.

I have promised, and I will do it, says the LORD.

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

Responsorial Psalm: Psalm 130

With the Lord there is mercy and fullness of redemption.

(everyone will repeat this phrase)

Out of the depths I cry to you, O LORD;
LORD, hear my voice!
Let your ears be attentive
to my voice in supplication.

R. With the Lord there is mercy and fullness of redemption.

If you, O LORD, mark iniquities,
LORD, who can stand?
But with you is forgiveness,
that you may be revered.

R. With the Lord there is mercy and fullness of redemption.

I trust in the LORD;
my soul trusts in his word.
More than sentinels wait for the dawn,
let Israel wait for the LORD.

R. With the Lord there is mercy and fullness of redemption.

For with the LORD is kindness
and with him is plenteous redemption;
And he will redeem Israel
from all their iniquities.

R. With the Lord there is mercy and fullness of redemption.

Second Reading: Romans 8:8-11

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

Brothers and sisters:

Those who are in the flesh cannot please God.

But you are not in the flesh;

on the contrary, you are in the spirit,

if only the Spirit of God dwells in you.

Whoever does not have the Spirit of Christ does not belong to him.

But if Christ is in you,

although the body is dead because of sin,

the spirit is alive because of righteousness.

If the Spirit of the one who raised Jesus from the dead dwells in you,

the one who raised Christ from the dead

will give life to your mortal bodies also,

through his Spirit dwelling in you.

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

Gospel Reading: John 11:-1-45

Now a man was ill, Lazarus from Bethany, the village of Mary and her sister Martha. Mary was the one who had anointed the Lord with perfumed oil and dried his feet with her hair; it was her brother Lazarus who was ill.

So the sisters sent word to him saying, "Master, the one you love is ill." When Jesus heard this he said, "This illness is not to end in death, but is for the glory of God, that the Son of God may be glorified through it." Now Jesus loved Martha and her sister and Lazarus. So when he heard that he was ill, he remained for two days in the place where he was. Then after this he said to his disciples, "Let us go back to Judea." The disciples said to him, "Rabbi, the Jews were just trying to stone you, and you want to go back there?" Jesus answered, "Are there not twelve hours in a day? If one walks during the day, he does not stumble, because he sees the light of this world. But if one walks at night, he stumbles, because the light is not in him." He said this, and then told them, "Our friend Lazarus is asleep, but I am going to awaken him." So the disciples said to him, "Master, if he is asleep, he will be saved." But Jesus was talking about his death, while they thought that he meant ordinary sleep. So then Jesus said to them clearly, "Lazarus has died. And I am glad for you that I was not there, that you may believe. Let us go to him." So Thomas, called Didymus, said to his fellow disciples, "Let us also go to die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, only about two miles away. And many of the Jews had come to Martha and Mary to comfort them about their brother. When Martha heard that Jesus was coming, she went to meet him; but

Mary sat at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you." Jesus said to her, "Your brother will rise." Martha said to him, "I know he will rise, in the resurrection on the last day." Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world."

When she had said this, she went and called her sister Mary secretly, saying, "The teacher is here and is asking for you." As soon as she heard this, she rose quickly and went to him. For Jesus had not yet come into the village, but was still where Martha had met him. So when the Jews who were with her in the house comforting her saw Mary get up quickly and go out, they followed her, presuming that she was going to the tomb to weep there. When Mary came to where Jesus was and saw him, she fell at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping and the Jews who had come with her weeping, he became perturbed and deeply troubled, and said, "Where have you laid him?" They said to him, "Sir, come and see." And Jesus wept. So the Jews said, "See how he loved him." But some of them said, "Could not the one who opened the eyes of the blind man have done something so that this man would not have died?"

So Jesus, perturbed again, came to the tomb. It was a cave, and a stone lay across it. Jesus said, "Take away the stone." Martha, the dead man's sister, said to him, "Lord, by now there will be a stench; he has been dead for four days." Jesus said to her, "Did I not tell you that if you believe you will see the glory of God?" So they took away the stone. And Jesus raised his eyes and said, "Father, I thank you for hearing me. I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me." And when he had said this, He cried out in a loud voice, "Lazarus, come out!" The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, "Untie him and let him go." Now many of the Jews who had come to Mary and seen what he had done began to believe in him.

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 glori-
fied, 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.