

TIPS FOR WATCHING MASS FROM HOME

- ◇ **Plan ahead:** Decide no later than Saturday which Mass you are going to view. Inform the family and put it on the calendar.
- ◇ **Get dressed:** Get out of your pajamas and get dressed for the day.
- ◇ **Eliminate distractions:** Shut off the phone, move your office or school work out of the way, put away other distractions.
- ◇ **No food or drink:** You wouldn't have coffee and a bagel during Mass at church.
- ◇ **View early:** Gather around the TV, computer, or radio at least 10 minutes before Mass is scheduled to begin.
- ◇ **Participate:** Pray the responses aloud. Stand during the gospel. Kneel (if able) during the Eucharistic prayer. If you know the hymns, sing along.
- ◇ **Build community:** Agree to watch the same Mass as friends or family members. Then, arrange a phone call to discuss the readings, homily, or other aspects of the Mass.
- ◇ **Start a Mass journal:** If you need a way to better focus, grab a notebook and begin journaling during the homily. ***What are the key points you want/need to remember from the homily? What is God's lesson for you today? What changes are you called to make in your life this week?*** Children can also keep a journal or draw photos of what they heard about in the gospel.