

# Celebrate Sunday at Home



- ✝ Set up a home altar or prayer space with a cross, icons or sacred art, and the Bible.
- ✝ Light a candle.
- ✝ Take a few moments before Mass starts. Gather your thoughts and prepare one intention to bring before the Lord.



- ✝ Find a Mass online (livestreamed or recorded).
- ✝ Enjoy your coffee, breakfast, or brunch before or after Mass.
- ✝ Actively participate during Mass: sit, kneel, stand, and respond.
- ✝ Recite this prayer 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 Facetime, Facebook, Hangouts, Zoom, or GoToMeeting.



- ✝ Support your local parish by contributing online or dropping off a check sometime this week. Check your local parish's website for ways to contribute.



Office of Education, Evangelization and Catechesis  
Archdiocese of Hartford

[catholicedaohct.org](http://catholicedaohct.org)