

## WHAT TO DO IF I CAN'T MAKE IT TO MASS

If one is unable to come to Sunday Mass during this time, one should still work to keep Sunday holy – as it is still the day of the Lord, here are some suggestions in how to honor God if one is unable to make it to Mass:

- 1.) Participate from Mass at home, this website gives links to Masses celebrated in every rite of the Church:

<https://catholicebooks.wordpress.com/2020/03/14/list-of-websites-with-holy-mass-for-live-viewing/>

- 2.) Pray the Rosary, or look through the weekend's scripture readings which are provided in the parish bulletin or can be found at [www.usccb.org](http://www.usccb.org)

- 3.) Make an Act of Spiritual Communion, the prayer for which is given here:

*MY Jesus, I believe that Thou art present in the Blessed Sacrament. I love Thee above all things and I desire Thee in my soul. Since I cannot now receive Thee sacramentally, come at least spiritually into my heart. As though Thou wert already there, I embrace Thee and unite myself wholly to Thee; permit not that I should ever be separated from Thee. Amen.*

- 4.) Spend time in Spiritual Reading, a few good books to have on hand may include:
  - a. "Thy Will Be Done" by St. Francis de Sales
  - b. "Jesus and the Jewish Roots of the Eucharist" by Brant Pitre
  - c. "Life of Christ" by Fulton J. Sheen
  - d. "Jesus of Nazareth" Volumes I, II, and III by Pope Benedict XVI
  - e. "The Power of Silence" by Cardinal Robert Sarah
  - f. "He Leadeth Me" by Fr. Walter Ciszek, SJ