



PRAYING MASS ONLINE



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While we wait out this pandemic, many of us are probably watching a lot of content online. Here are 10 ways that you can make Mass different from everything else you watch. (This is adapted from Fr. Simon's homily on March 29th, 2020.)

1. Set up a chapel area at home. It doesn't have to be fancy, or ornate, but a designated area that is sacred where you can go to pray. You might want to light a candle to add to your experience.

2. Go over the readings ahead of time. You may find that when you do this, it can better prepare you to receive from the readings when you hear them at Mass.

3. Dress in your 'Sunday Best'. Be comfortable, but if you want, you can choose to make your experience of Mass extra special by dressing up.

4. Pick a consistent time for Mass. If you can, you should try to watch the Mass live at 9am. But if you're not able to do that, pick a time and just commit to it every week. Set that time aside for God.

5. Speak the responses out loud and sing along. This might feel a little bit weird if you're by yourself, or just with your dog, but it's one of the ways in which we can engage with the Mass by praying actively, that is, singing the songs and saying the responses.

6. Pray with the gestures - stand, sit, and kneel. (Let's be honest, you

probably need the exercise.) Our bodies have a language unto themselves, and it's good to engage in prayer with your body. Depending on the type of rug you have at home (like old-school shag carpet), kneeling won't be that bad.

7. Engage with the community online. There are chat features on both Livestream and Facebook, which can be used to follow along with other people. It's sort of the equivalent of people sitting together in church, whispering during the homily. Even if you don't use the chat feature, it's good to remember that, as you watch and pray, there are thousands of other people praying with you and for you at Mass.

8. Savour the moments of silence. With our current situation, you may find yourself overwhelmed with noise and distraction. If there are moments during Mass when there is silence, resist the temptation to skip ahead, and just enjoy the silence.

9. Share with others afterwards. This is something so important for humans to do. When we experience something, it's good to unpack it later with other people. If you go see a profound movie, the best part is talking to people afterwards. So take some time after Mass to video chat with a friend or call a family member about something that you're going to take away from Mass. What's one thing you want to remember?

10. Don't try to multitask... monotask. This is probably the hardest one of all these tips, but it's important. Try to do one thing, and one thing well in this situation: pray the Mass together with everyone else. 