

# How To Watch Online Mass

Alone or better, with the whole family gathered.

## BEFORE STARTING

Gather the whole household  
(be sure to observe 1 meter distance from each other).

Dress decently. Light a candle.

## DURING THE MASS

Watch & listen intently.  
Recite the act of spiritual communion.

## AFTER THE MASS

Don't leave immediately.  
You may share with one another your  
thoughts and reflections based  
on the readings and homily .  
Then spend time for prayer of petition  
and prayer of thanksgiving.

Then end with the Our Father.

Make the sign of peace without touching each other  
(e.g. smile, wave, deep bow, or wink, or all of the above).

*Credits to Fr Amado Picardal, Redemptorist Priest.*

