

## Keep the Sabbath Holy

This is not a vacation from the Lord! This is a time to build the Domestic Church...the family! Your family!!! You can participate in the Sunday Mass, AND even daily mass. Many parishes are broadcasting on FB and on YouTube. Fr Mike and Fr Elmer are broadcasting English and Spanish Masses on the "Saints Peter and Paul Catholic Church Tulsa" facebook page. So are many other priests and some of these are accessible anytime of day by clicking on it. Prepare before mass in the home. (St John Catholic Church in Bartlesville with Fr **John O Neill**, in both languages/ The diocese of Tulsa FB and website have list of masses being streamed below.)

<https://d2y1pz2y630308.cloudfront.net/2682/documents/2020/3/Online%20Mass%20update1-1.pdf>

**formed.org**- In English and Spanish!

They are extending a complimentary 40-day subscription so you can engage in your spiritual and prayer life through watching, reading, and listening to Catholic content. Excellent!

**YouTube**- Pray the Rosary with Children/ Stations of the Cross for Children/ Saints for Kids Videos

**EWTN**- Eternal Word Television Network (Catholic) on TV and streamed online. Resources for prayers and much more.

**Pinterest Saints for Kids** Lots of printables and resources!!!

Virtual tour of the necropolis beneath Saint Peter's Basilica in

Rome: [http://www.vatican.va/various/basiliche/necropoli/scavi\\_english.html](http://www.vatican.va/various/basiliche/necropoli/scavi_english.html)

Vatican Museum's website and enjoy each of the seven [virtual tours](#). Visual only

The Vatican Museum's official instagram page, [@vaticanmuseums](#), is also providing photos of works in their vast collections with accompanying captions detailing their history and meaning.

## HOW TO PRAY THE TV MASS FROM HOME

*Creating a sacred space to reverently watch the mass in your home*

Create a prayer altar under your TV or streaming device. Consider setting a crucifix or other sacred art in the prayer space.

Open your bible to the gospel of the day and place it on your "home altar" to remind you that the Word of God is among you.

Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.

Set up chairs like a pew to help you engage in the mass and keep you from passively watching from the couch.

Get dressed as you normally would when attending mass. Keeping this routine is especially helpful for children.

If you have holy water at home, bless yourself and your family before you begin the mass.

Take a few moments of silence to transition from the busyness of your home to the sacredness of the mass.

Fully participate by standing, kneeling, sitting and responding according to the rubrics of the mass.

Engage in community by having coffee and breakfast with your family after mass or by calling your loved ones to connect.

