



When you hear Mass online, here are some recommendations:

1. Prepare an altar with a candle lit to help set the tone. Dispose yourself properly before beginning. Take three mindful breaths.
2. Dress up properly even if you are just at home (change out of your pajamas, and fix up your face and hair).
3. Remove distractions (Turn off or silent your phones and gadgets).
4. Instead of actual Communion, pray the Act of Spiritual Communion from the heart, dwell on what the words mean.
5. Pray also the Oratio Imperata, within the Mass if it is part or soon after if not part.
Pray for our Mother Mary's intercession. Pray also for our frontliners.
6. Reflect on how God is teaching us to love "in this time of Corona" and how we may have fallen short because of our own selfishness.

Oftentimes, we realize the value of something only when we are deprived of it. May this also help us cultivate the yearning to actually receive Jesus in physical Communion soon.

God bless us all.