

Ways to Watch Mass and to Pray at Home

Dear Parishioners,

Here are some links to Masses online, and other prayers.

Let us pray for one another and use this challenging time to deepen our Lenten journey of prayer, sacrifice and charity.

--Fr. Kosch

Available streaming Masses:

(See the Spiritual Communion prayer below)

- Mass on local TV, KLKN-TV channel 8, Sundays at 9:00 am
- Daily Mass from Bishop Barron's chapel: <https://www.wordonfire.org/daily-mass/>
- Spirit Catholic Radio: (102.7 FM) Sundays 7am and 12pm. Weekdays 10:30am. Get the free app, or click on <https://spiritcatholicradio.com/>
- EWTN Sunday and daily Masses: <https://video.ewtn.com/daily-mass/>
- Masses with Pope Francis: <https://www.youtube.com/user/vatican/videos>
- Basilica of the National Shrine of the Immaculate Conception: Sunday Masses <https://www.facebook.com/nationalshrine/>

Other ways to pray at home:

- Daily Mass readings and reflections at The Word Among Us: <https://wau.org/meditations/>
- Daily Mass readings at U.S. Bishops' website: <http://www.usccb.org/bible/readings/>
- Free online Magnificat: <https://us.magnificat.net/free>

- Daily Mass readings, missal, and Liturgy of the Hours: <https://www.ibreviary.org/en/>
- Rosary, Chaplet and Stations on Spirit Catholic Radio, 102.7 FM, or www.spiritcatholicradio.com
 - Pray the Rosary weekdays at 6 a.m.; 10 a.m.; and 10 p.m.
 - Pray the Rosary weekends at 6:30 a.m.; 3:30 p.m.; and 10 p.m.
 - Pray the Chaplet of Divine Mercy daily at 3 p.m. (starts around 2:56 p.m.)
 - Stations of the Cross Weekdays on Catholic Radio, every day at 10 a.m. during Lent.
- The rosary, chaplet, and other devotions and programming can also be found at www.ewtn.com
- Use www.formed.org for good Catholic programming. To sign up: go to www.formed.org, click “sign up”, choose “I belong to a parish or organization”, click “find parish” and search for “Sacred Heart Lincoln”. Then create your FREE account by entering your name and e-mail address.

Spiritual Communion Prayer

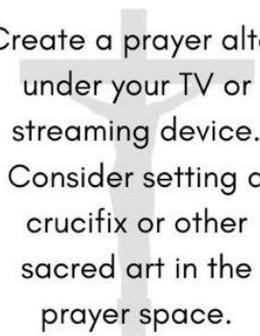


My Jesus, I believe that You are present in the Most Holy Sacrament. I love you above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

Amen

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.



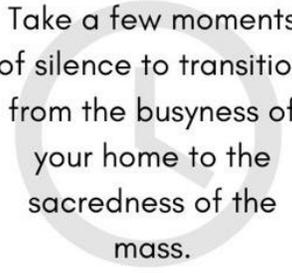
Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.

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.



Catholic Diocese
of Sioux Falls



**Contact the Office of Marriage, Family & Respect Life
for more family resources:**

605-988-3776 respectlife@sf catholic.org