

DEVOTIONAL COMPANION
FOR TELEVISED AND
STREAMED MASSES



PRAYERS IN THE PEW™

Devotional Companion

For Televised and Streamed Masses During the COVID-19 Pandemic Period

THIRD SUNDAY OF EASTER • SUNDAY, APRIL 26, 2020

This *Devotional Companion* to remote Mass participation is meant to assist all those who are unable to attend Mass in church during the time of the Coronavirus lockdown.

Parents are invited to exercise their spiritual leadership of the family in organizing the timely attendance of family members for the Sunday Mass and in the details of spiritual preparation for Mass. The following are a number of pastoral and devotional recommendations for participation in the remote Mass:

Return to Reverence:

- Remote Masses (whether streamed or televised) should not be thought of as an alternative to direct and weekly Mass attendance but as a practical accommodation to extraordinary circumstances like these;
- Our participation at a remote Mass should strive to maintain or even increase our reverence for the Eucharist as if we were going to the actual Sunday Mass at our parish;
- The guidelines below will assist families in fostering the attitude of reverence necessary for participation at Mass or even for the reception of grace that comes with spiritual communion (see Spiritual Communion Service at Home);
- We all look forward to the day when the church doors will be thrown open wide again and we can all be part of the greatest return to Mass in history.

Eucharistic Discipline:

- It would be helpful (but not strictly obligatory) to observe the Eucharistic fast (i.e., refrain from eating for one hour) before participating in the remote Mass; this allows us to maintain the mild self-denial of our normal Eucharistic discipline;
- Kindly assure that all electronic devices except the means of viewing the Mass remain turned off for the entirety of the service;
- All should dress for this service in the same way they do for going to church on Sunday; this is an ideal that may be more difficult to manage in an informal environment like the home but something to strive for;
- Whatever time the remote Mass is set to begin, parents should assure that family members “arrive” at their viewing setting in a fashion that imitates the good practice of early arrival at church on Sunday;
- All should strive to maintain their reverent attention and presence while the remote Mass is displayed on screen, with as little movement and distraction as possible.

Environment:

- Choose an appropriate place in the house to gather so the family has an environment conducive to prayer;
- Create a focus point, possibly a table with religious art and objects (rosaries, crucifixes, icons) as well as one or two candles;
- The family may even wish to “set the table” for this service the night before as a tangible reminder when everyone wakes up on Sunday morning that the Lord awaits you;
- Cover the table with a cloth: it is proper to use white for the entire Easter Season. On the feast of Pentecost (May 31), the color will be red. During Ordinary Time the color is green, and in Lent and Advent, purple.

Devotional Particulars:

- The “Prayers Before Mass provided in this Companion are given to assist each person’s spiritual preparation;
- The Scriptural Citations are those approved by the US Conference of Catholic Bishops (USCCB) for the current liturgical Sunday;
- The Spiritual Communion Prayers allow the participants to open their hearts to receive the grace of the Most Holy Eucharist as it is celebrated during the live broadcast;
- The Devotions and Prayers After Mass allow the participants to remain in the reverent spirit of Eucharistic participation for some time after Mass.

Spiritual Preparation:

- Those who participate in Holy Mass at any time should prepare their hearts and minds appropriately to receive the Eucharist and be attentive to God’s Word;
- Despite our non-sacramental participation, proper disposition of the heart and mind allows us to receive the grace of these spiritual realities;
- The following prayers are intended to help the participants of televised and streamed Masses remain equally attentive to the Word and receptive to sacramental grace.

PRAYERS BEFORE MASS

SAINT THOMAS AQUINAS’ PRAYER BEFORE COMMUNION

(All may recite together or pray silently.)

Almighty and ever-living God, I approach the sacrament of Your only-begotten Son, our Lord, Jesus Christ, I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord in your great generosity, heal my sickness, wash away my defilement, enlightened my blindness, enrich my poverty, and clothe my nakedness.

May I receive the bread of angels, the King of kings and Lord of lords, with humble reference, with the purity and faith, the repentance and love, and the determined purpose that will help me to bring me to salvation. May I receive the sacrament of the Lord’s Body and Blood, and its reality and power.

Kind God, may I receive the Body of Your only-begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into His mystical body and numbered among His members.

Loving Father, as on my earthly pilgrimage I now receive Your beloved son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with you forever. **Amen.**

St. Thomas Aquinas assists us in preparing for Mass by giving us a moving example of love and humility in the presence of our Savior.

O SACRUM CONVIVIUM

O sacred banquet at which Christ is consumed, the memory of His Passion recalled, our soul filled with grace, and our pledge of future glory received!

How delightful, Lord, is Your spirit, which shows your sweetness to men, offers the precious bread of heaven, fills the hungry with good things, and drives away all vain and loathsome things.

Verse: You have given them bread from heaven.

Response: Having all sweetness within it.

Let us pray.

God, Who left for us a memorial of Your Passion in this miraculous sacrament, grant, we implore You, that we may venerate the holy mystery of Your Body and Blood, so that we may ever experience in ourselves the fruitfulness of Your redemption. You live in reign, world without end. **Amen.**

[Source: St. Thomas Aquinas, *Devoutly I Adore Thee*, Sophia Institute Press, 1993.]

MASS READINGS

(To follow the full readings themselves, kindly consult your family Bible or other liturgical guides such as a parish missalette, the Magnificat, or Our Daily Bread, if available.)

FIRST READING

Acts 2:14, 22-23

RESPONSORIAL PSALM

Psalm 16

SECOND READING

1 Peter 1:17-21

GOSPEL

Luke 24:13-35

SPIRITUAL COMMUNION PRAYERS

(The Church teaches that even in the absence of receiving Communion sacramentally, we can receive the grace of the Eucharist into our hearts through a pious act of devotion. The following spiritual communion prayers may be prayed by all together or silently during the quiet time after the consecration of the Mass when the priest receives Communion. Kneeling while praying these prayers is recommended as an aid to devotion.)

PRAYER OF SAINT ALPHONSUS LIGUORI

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.**

PRAYER OF SAINT GERTRUDE

Oh Christ Jesus, thou faithful and only Trust of my soul, I praise thee, I love thee, I worship and adore thee; and I humbly implore thee, that as thou offered thyself once upon the cross for the sin of the whole world, so thou would now deign to offer thyself to God the Father for my exceeding sins.

O Christ Jesus, my sweetest and my only Love, look with the eyes of thy compassionate mercy on me, a most miserable sinner, here prostrate before thee and imploring with my whole heart the forgiveness of my sins.

O thou princely Flower from the Root of Jesse, by the unutterable love of thy most sweet Heart have mercy on me, and receive me into thy favor, for the glory of thy Name.

O most loving Father, I offer to thee this thy beloved Son as a holocaust of unceasing praise, and as a perpetual sacrifice of propitiation for all our sins. Look, I beseech thee, on the face of thy Christ, and remember that most abundant satisfaction which he made to thee for our sins on the cross, and have mercy on us. **Amen.**

Source: Paul Jerome Keller, OP, *A Year with the Eucharist: Daily Meditations on the Blessed Sacrament* (St. Benedict Press, 2018), 140.]

DEVOTIONS AND PRAYERS FOLLOWING MASS

THE PRAYER TO SAINT MICHAEL THE ARCHANGEL

Saint Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil; may God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl through the world seeking the ruin of souls. **Amen.**

St. Michael the Archangel has a special heavenly role in doing battle against the devil, protecting the Church, and protecting Christians against assaults from the devil. This prayer to Saint Michael originated with Pope Leo XIII in 1886.

THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided.

Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful; O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. **Amen.**

The Memorare is a beautiful prayer that expresses our confidence in the Blessed Virgin Mary as our advocate and protector. It is attributed to St. Bernard of Clairvaux.

PRAYER FOR VOCATIONS

Heavenly Father, Lord of the harvest, call forth vocations to the priesthood and consecrated life from our diocese and our families. Inspire men to imitate Christ the Eternal High Priest in sacrificial service to Your Church.

Move the hearts of men and women to offer themselves wholly to You in poverty, chastity, and obedience. Send them as laborers for Your harvest. Inspire the faithful to support them with prayer and sacrifice. Raise up holy families who foster openness to Your call. We ask this through Christ, our Lord. **Amen.**

Join the Spiritual Communion Service at Home program to receive each upcoming installment and/or to order official Prayers in the Pew™ prayer cards. Register at www.SitStandKneel.com.



For more info on Prayers in the Pew™
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