

Pray at Home Resources

Masses at other churches and Jesuit parishes nationwide

- Pope Francis will livestream daily Mass from Casa Santa Marta via the [Vatican News YouTube](#)
- The Basilica of the National Shrine of the Immaculate Conception will livestream its 12 noon Solemn Mass with the Choir of the Basilica from the Great Upper Church on its website at www.nationalshrine.org/mass
- St. Francis Xavier in New York will livestream their 11:30am Sunday Mass: www.youtube.com/watch?v=atWtVe1IuJc
- St. Monica Catholic Community in Santa Monica livestreams their 5:30pm Sunday Mass (8:30pm EDT) at www.stmonica.net/media-resources/watch-live
- Old St. Patrick Church in Chicago livestreams Sunday Mass at 11am EDT and will stream a festive St. Patrick's Day Mass on March 17 at 1:10pm EDT: www.livestream.com/oldstpats
- St. Ignatius in Baltimore broadcasts Sunday Mass live at 9am over WCBM 680AM or online at www.st-ignatius.net/radio-mass, with a rebroadcast at 6pm.
- CatholicTV has links for their own Daily Mass and Sunday Masses from the National Shrine and University of Notre Dame: www.catholicTV.org/masses/catholicTV-mass

Make a Spiritual Communion

Below are recommendations for how to make a 'spiritual communion' when unable to participate in the Holy Sacrifice of the Mass. The recommendations can be adapted based upon personal and family needs.

- Gather with others in your household and begin a time of prayer with the sign of the cross.
- Take time to read and reflect upon the readings from Sunday Mass. You can find the readings at usccb.org and a Sunday Gospel reflection on this [Daily Reflections](#) site.
- Share prayer intentions quietly or aloud. For example, pray the Lord's Prayer or the Rosary.
- Pray one of the following prayers of spiritual communion: [Prayer to the Most Holy Redeemer \(Anima Christi\)](#), [Prayer to Our Lord Jesus Christ Crucified](#)
- Close with the sign of the cross.

Prayer Resources

- [Imaginative Contemplation from Catherine Heinhold](#)
- [An Ignatian Examen for Life During COVID-19](#)
- Read or listen to the [Daily Readings](#) on the USCCB site
- [Sacred Space: Your Daily Prayer Online](#)
- [Pray as You Go Podcasts](#)
- [Sunday Connection](#): Sunday Readings, Family and Grade-Appropriate Reflections
- [Give Us This Day](#) has made available free of charge a digital file of their periodical

What is a Dispensation from Mass?

A dispensation from the Archdiocesan Bishop releases Catholics from fulfilling their Sunday obligation (Mass). Since public Masses are cancelled in the Archdiocese of Cincinnati until further notice, this means that the right thing to do is to stay home for your safety and the safety of others. Though there is a sadness for not being able to participate at Mass, one should not feel guilty for not going to Mass. You have a free conscience to stay home. Catholics are encouraged to offer up their sickness or pastoral care for the sake of those who are seriously ill and for those who have died.