



PRAYER BEFORE MASS

Lord Jesus Christ, Son of God, who is Father and Creator of all, you give yourself to us in this sacrament to nourish and strengthen us for life's journey. We come before you now seeking healing, forgiveness, and strength. While we cannot physically receive you today, we know that our Spirit is upon us in this moment. Nourish us as we pray together now, O Lord. We look forward to the day when we can receive fully the gift of Your Body and Blood in Your Most Holy Presence and the presence of our parish community. We pray especially for the sick and those who care for the sick, Amen.



Church Open Times for Private Prayer

St. Michael – 7 Days a week from 8:00 am to 6:00 pm

St. Joseph – Monday through Friday 8:00 am to 4:00 pm, Saturday from 2:00 pm to 6:00 pm, Sunday 8:00 am to 12:00 Noon

Most Sacred Heart of Jesus – Fridays 4:00 pm to 6:00 pm for private Stations of the Cross, Saturday from 2:00 pm to 6:00 pm and Sunday from 8:00 am to 12:00 Noon.

This publication is intended only to assist you and your families in praying the Mass together, while not actually, physically being present in church during this time of quarantine..

For additional information please contact the Pastoral Center at 225-869-5751

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*The Catholic Church in
East St. James*

*St. Michael, St. Joseph and
Most Sacred Heart of Jesus*

PRAYING THE MASS AT HOME



ACKNOWLEDGE THE SACREDNESS OF THE MOMENT AND THE SPACE:

Make arrangements in advance to be ready at the scheduled time.

Choose a room in which you will experience the fewest distractions.

Leave your phone in another room, in the silent mode. If you plan to use your phone to view Mass, just realize that there will be a greater potential for distractions.

Light a candle. As the Christopher Fathers would say, "Better to light one candle than to curse the darkness." A candle makes the statement that this is a sacred moment and a sacred space. (Just don't forget to extinguish it after!)

PREPARATION FOR MASS

Don't wait until the last minute to settle into your prayer space. If praying the Mass with your spouse and/or family, make sure they know in advance and are prepared to settle into the space early. You may wish to take a moment to kneel and/or just simply sit in silence.

Included at the end of this brochure is a prayer, entitled, "A Prayer before Mass." You may wish to take a moment to pray it silently or aloud.

The readings for the day are available at www.usccb.org. Just click on the particular Sunday.

Place all other electronic devices in silent mode or turn them off, including the TV, unless your TV is the device that you will be using to view the Mass.

DURING MASS:

You are invited to participate in the Mass by your own gestures such as the sign of the cross and also verbally praying out loud to the parts you normally respond to.

When the priest or deacon pauses for the Penitential Rite ("Lord, have mercy..."), you are encouraged to silently bring to mind areas in your life where you seek God's forgiveness. Respond as you would normally do at Mass.

After the First Reading, you are invited to pray aloud the Responsorial Psalm, as printed in the readings of the day, obtained at www.usccb.org

When the priest or deacon pauses after each of the intentions (Prayers of the Faithful), you are invited to respond aloud, "Lord, hear our prayer." After the final intention, he will pause for silent prayer. If you are with your spouse and/or family and friends, you may wish to voice your special intentions aloud.

The Memorial Acclamation, Lord's Prayer, and Lamb of God, you are invited to pray them aloud.

If you are with your spouse and or family and friends, you are invited to exchange a Sign of Peace at the usual point in Mass.

When the priest and other ministers receive communion, you may wish to pray aloud or to yourself the prayer contained in this brochure, entitled, "Most Holy Jesus."

PRAYER DURING HOLY COMMUNION:

MOST HOLY JESUS

Most Holy Jesus, I believe that you are present in the most Blessed Sacrament. I love you above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to you. May I never be parted from You. Amen

AFTER MASS

After Mass you may want to take some time to reflect on the readings for the day as well as share that reflection with those who are with you.



STAY CONNECTED TO YOUR SPIRITUALITY

Receive daily reflections from FORMED.ORG

Spend time in private prayer at one of our Cluster's Churches. Please bring your own prayer material.

Stations of the Cross brochures are in each Church. Please keep to reuse and take home.

Visit the Grotto at St. Michael and recite the rosary.