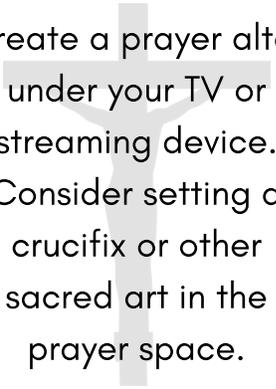


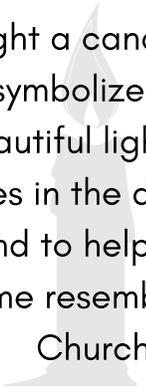
# HOW TO PRAY THE TV MASS FROM HOME

*Creating a sacred space to reverently watch the mass in your home*



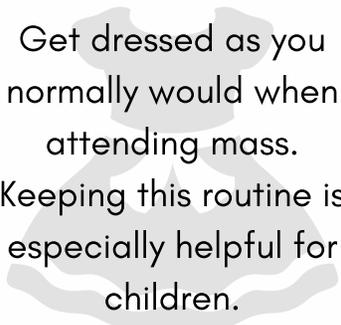
Create a prayer altar under your TV or streaming device. Consider setting a crucifix or other sacred art in the prayer space.

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.



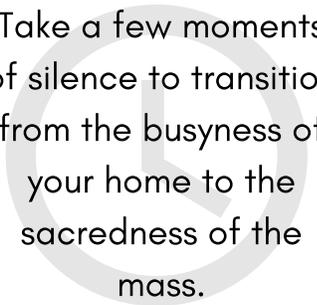
Light a candle to symbolize the beautiful light that shines in the darkness and to help your home resemble the Church.

Set up chairs like a pew to help you engage in the mass and keep you from passively watching from the couch.



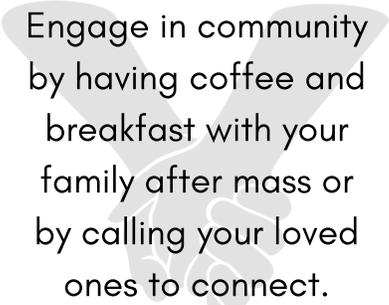
Get dressed as you normally would when attending mass. Keeping this routine is especially helpful for children.

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

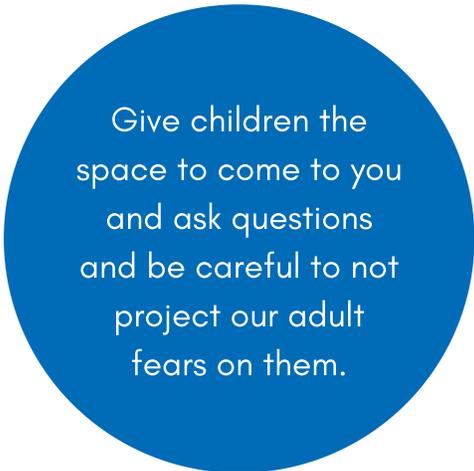


**Contact the Office of Marriage, Family & Respect Life  
for more family resources:**

**605-988-3776 [respectlife@sfcatholic.org](mailto:respectlife@sfcatholic.org)**

# A CATHOLIC GUIDE TO TALKING TO YOUR CHILDREN ABOUT COVID-19

*Talking to your children about COVID-19, regardless of their age, can feel like a daunting task for parents who are in the process of trying to understand it themselves. Rooting ourselves in truth allows us to communicate peacefully and effectively to our children as questions arise for them. This guide is meant to assist parents in answering questions through the Catholic lens. This is not comprehensive and language should be adapted to age appropriate levels.*



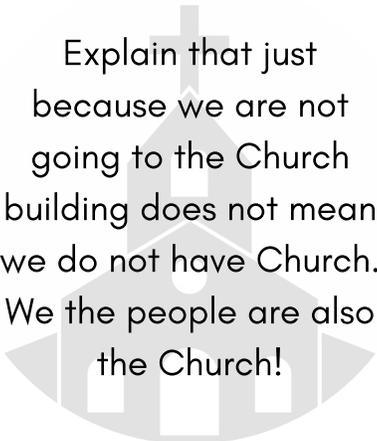
Give children the space to come to you and ask questions and be careful to not project our adult fears on them.



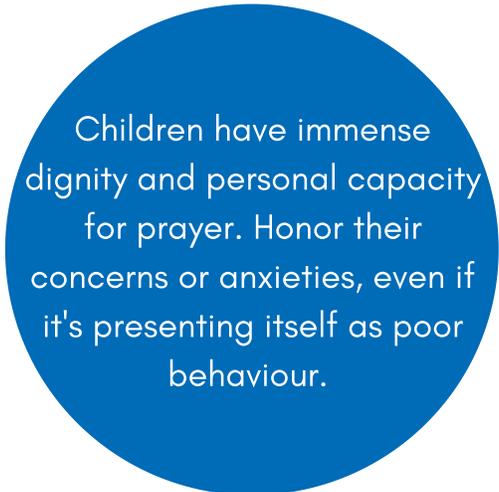
Remind them that God does not stay in his perfect world of Heaven, but enters into our world to help us now.



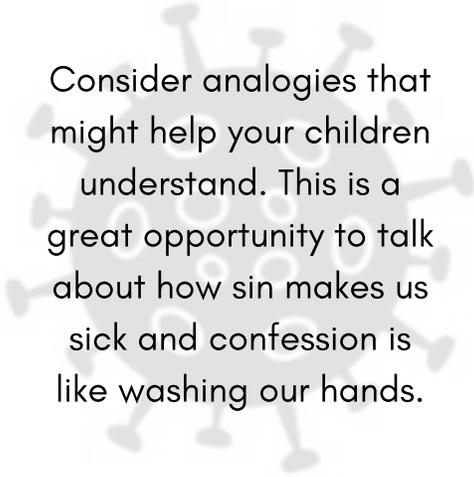
Ask your children questions such as "where can we see God working" or "how is God blessing us right now?"



Explain that just because we are not going to the Church building does not mean we do not have Church. We the people are also the Church!



Children have immense dignity and personal capacity for prayer. Honor their concerns or anxieties, even if it's presenting itself as poor behaviour.



Consider analogies that might help your children understand. This is a great opportunity to talk about how sin makes us sick and confession is like washing our hands.



Catholic Diocese  
of Sioux Falls



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

**605-988-3776 [respectlife@sfcatholic.org](mailto:respectlife@sfcatholic.org)**