

# RESOURCES

## for Mass outside of Church during the pandemic:

**Online Masses:** For Free resources to support prayer and engagement during these difficult days. Go to [usccb.org/coronavirus](https://usccb.org/coronavirus) to find the resources below and more:

- [www.ewtn.com](http://www.ewtn.com) Daily Mass live online at 8am and 6:30pm
- [www.watchthemass.com](http://www.watchthemass.com) can be seen live from CatholicTV's chapel Monday through Friday at 9:30am. The online Mass is also rebroadcast on CatholicTV online at 7pm and 11:30pm Monday through Friday. On Saturday evenings, celebrate Mass from America's Catholic Church, the Basilica of the National Shrine of the Immaculate Conception, at 7pm and 11:30pm. Sunday Spanish Mass *La Santa Misa* airs at 8am, 5:30pm & 10pm. English Sunday Masses air at 10am from the Basilica of the Sacred Heart at the University of Notre Dame; at 4pm from San Antonio's San Fernando Cathedral celebrated in Spanish and English; and from Boston at 7 and 11:30 pm (all times Eastern). The on-demand version becomes available as fast as possible after the Mass airs.
- [www.vaticannews.va](http://www.vaticannews.va) Mass celebrated by Pope Francis is live streamed on the Vatican News webpage and on Vatican News Facebook daily.
- [www.nationalshrine.org/mass](http://www.nationalshrine.org/mass) The solemn Mass is celebrated livestreamed every Sunday at 12:00pm from the Basilica of the National Shrine of the Immaculate Conception.
- **Please visit** [usccb.org/coronavirus](https://usccb.org/coronavirus) for links to prayers daily readings and more.

### Spiritual Communion Prayer

Since we are unable to attend Mass because of measures taken by the diocese to halt the spread of the coronavirus and have received a dispensation from Mass by our Bishop, consider making an act of Spiritual Communion. "If we are deprived of Sacramental Communion, let us replace it, as far as we can, by spiritual communion, which we can make every moment; for we ought to have always a burning desire to receive the good God," said St. Jean-Marie Vianney. St. Thomas Aquinas described Spiritual Communion as "an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him." Let us do as the saints have taught us and pray a Spiritual Communion.

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 in 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