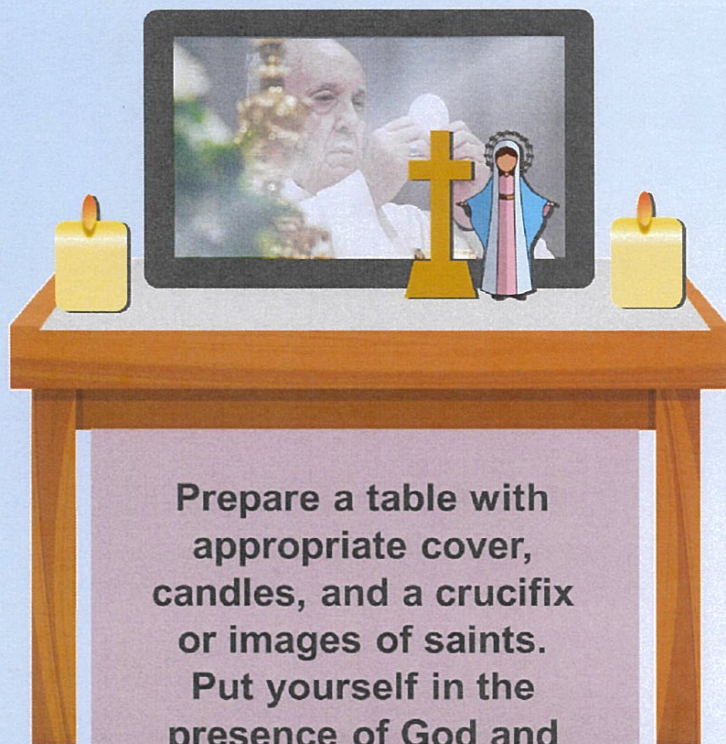
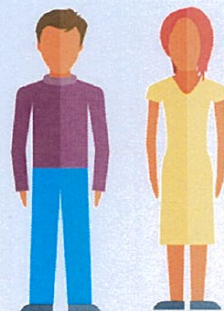


ATTENDING ONLINE MASS



Prepare a table with appropriate cover, candles, and a crucifix or images of saints. Put yourself in the presence of God and focus on the celebration of the Eucharist.



Dress up and participate as if you are there physically



Remove distractions (e.g. noise, phones, food)



parish of
**ST. THOMAS
AQUINAS**

Pray the Act of Spiritual Communion. Follow the posture and prayer.