



ARCHDIOCESE OF SEATTLE

At Home with Faith

The Novel Coronavirus (COVID-19) is disrupting our lives in many ways. Even in these challenging times, God provides opportunities to grow in our faith. For parents and families at home, we recommend the following resources to grow closer to God.

Make the most of our time in the desert with virtual Mass

It's just not the same.

Participating in a virtual Mass with our family doesn't give us the same experience as celebrating at our parish. This is a desert experience: dryer, lonelier and a little melancholy. As parents, it leaves us feeling a little like Moses trying to lead our family through the desert as we wonder where God is in all this.

This is a golden opportunity. We can come out of this desert as a family more deeply and personally committed to Jesus. Here's how we do it:

- **Let your kids know that we are in the desert.** Be honest with them and let them know how much you miss receiving the Eucharist. During this time in the desert we should admit that we are thirsty. Let them know that streaming Mass isn't the same, but our participation in it is an important way of telling Jesus how much we want to receive him.
- **Find a streaming Mass and commit to it every Sunday.** Check your parish website and Facebook page to see if your local community is streaming Mass. If not, you can stream Mass with Archbishop Etienne every morning at 8:30 am (including Sundays) at <https://vimeo.com/archdioceseofseattle> or on Facebook at @ArchdioceseofSeattle. You can also stream Pope Francis' Mass (and others) at <https://catholiccurrent.org/covid19/>.
- **Read ahead and reflect as a family.** A couple of days before Mass, go to <http://www.usccb.org/bible/readings> to find the Mass readings for the upcoming Sunday. Maybe have one of your children read the Gospel at dinner on Saturday night. Encourage them to share their thoughts. Then let them know that they will hear about it in the homily on Sunday morning. Ask them what they think your pastor will say about it.



Live Stream Mass with Archbishop Etienne

**Every morning at 8:30 am
(including Sundays)**

Vimeo

vimeo.com/archdioceseofseattle

Facebook

@ArchdioceseofSeattle

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- **Make it sacred.** Make the streaming experience special. Dress up for Mass. Arrange the room, maybe set the chairs up like pews or bring a cross to the front of the room. Use an app such as *Laudate* or *iBreviary* for a Missal so everyone can participate in the responses. For Sunday 8:30 am Masses with the Archbishop, worship aids are available for download at <https://www.archbishopetienne.com> and the Archdiocese of Seattle Facebook page at @ArchdioceseofSeattle.
- **Provide play-by-play commentary.** Tell your children what's happening at Mass, for example: "Now they are going to read the scriptures," or "Now the priest is consecrating the host," etc. This helps to keep them engaged. Below are some helpful resources:

Magnificat for Kids (MagnifiKid)

This resource includes readings and prayers for the Sunday Mass and explains the meanings of the different Mass rituals. It also offers other prayer tools for kids, such as morning and evening prayer, games, and a special resource page for parents.

<https://us.magnificat.net/home/magnifikid>

My Catholic Kids

Offers videos about the Mass and follow along with the liturgy using the Children's Missalette. Currently offering free access to their video library during the national COVID-19 emergency.

<https://mycatholickids.com/childrens-missalette/>

- **Participate in the prayers of the faithful.** Before Mass, encourage your family members to think of something they want to ask God. When the time for the intercessions, ask them to volunteer what they want to pray for.
- **Be patient.** A virtual Mass is different and our kids aren't necessarily going to behave perfectly. Herding them through this process will take some patience on our part - at least that part will be familiar!
- **Have a nice meal afterwards.** Even if it's just a donut, offering some kind of reward after virtual Mass is a nice way to make the experience something to look forward to.
- **Call grandparents or other loved ones.** Give your children's grandparents something to look forward to by giving them a Skype, FaceTime or speakerphone call after Mass. They will be very happy to hear from you!
- **Consider attending an additional Mass during the week.** The Archbishop is calling all of us to "return to the Lord" during Lent and in these challenging times, offering Mass daily at 8:30 am. Stream the Mass at <https://vimeo.com/archdioceseofseattle> or Facebook @ArchdioceseofSeattle. Weekday Masses usually run about 30 minutes.
- **Enrich your spiritual life with Formed.org.** Free access is now available to all parishioners in the Archdiocese of Seattle. Log on to <https://leaders.formed.org/seattle/> and download the *Formed* app to find programs, videos, podcasts and more - for free!

Behold, I am with you always...

Our circumstances may have placed us in physical isolation, but we are never alone in spirit. Jesus said, "And behold, I am with you always, until the end of the age" (Matthew 18:20). Let us cling to His promise and join together in prayer, physically or virtually, continuing to live as people of hope even in challenging times.

"I will put my spirit in you that you may come to life, and I will settle you in your land. Then you shall know that I am the Lord."

Ezekiel 37:14 (NABRE)