

<https://www.fallriverdiocese.org/tv-mass/>

EVERY Sunday at 11:00 am.

“Fatherhood is only visible in its absence.’ I don’t remember where exactly I heard or read this quote, but maybe this insight applies to those who are unable to receive Holy Communion. We understand the true meaning of receiving Holy Communion when we miss it. Then it becomes visible! I pray that those who are feeling isolated from God to ‘Be firmly resolved never to let yourself be troubled by anything in the world. Present yourself humbly and with complete confidence to the Lord in prayer, and he will not fail to have compassion on you.’”



How to Best Celebrate Mass at Home

Wondering how you can make watching Catholic Mass online feel special? Whether it’s a holiday or a normal weekday Mass, here are ways to prepare for a live stream or recorded online service. Start putting together a routine that works for you!

- **Create your space.** You can dress up your outfit if you want, but step and dress up your surroundings, too. Gather a candle, flowers, your Bible, a cross or religious art to make your environment feel ready for worship.
- **Remove distractions.** It's not just kids that find their eyes and minds wandering. Be sure to turn off electronics and disable notifications on the device you're using to watch Mass. Consider putting food and drink aside. Focus on the items in your space, like a candle, if you need to recenter yourself during Mass.
- **Carve out some quiet time.** Prepare yourself by having a few minutes of silence before Mass begins. The Oblates of the Virgin Mary usually display a prayer before we begin so that people can enter this Sacrifice of the Mass in a prayerful way.
- **Be intentional.** When you're getting ready for Mass at home, always have an intention going into Mass. Ask for the intercession of our Blessed Mother Mary. In the words of our founder, Venerable Bruno Lanteri, "Think of Mary, Call on Mary!"
- **Join in.** People watching live-streams of Catholic Mass online can participate by joining in parts of the service such as the responsorial. This can help in immense ways! You might feel silly at first, but it will help keep you engaged with His word.

How you spend your time outside of Mass can affect your experience as well. In addition to prayer (which is also an encounter with God!), reading [spiritual books](#) or revisiting [homilies](#) can bring you peace or offer meaningful reflection until the next time you tune in.

Staying Connected in an Online World

It's challenging to maintain relationships with God and your parish when you are limited to virtual Mass services. Br. Jorge Sanchez notes that "These are very challenging times. We have had to adapt to a new way of life. We all desire connection. But through your day remember to talk to God. He is always listening." Br. Jorge also reminds us of the words of Venerable Bruno Lanteri, who said, "Remember to lift up your heart often to God, but gently and with peace."

Online Mass might not be your preferred format, but it does open some doors for us to connect in new ways. We recommend helping others receive Jesus in their home by sharing online Masses. There are so many people today looking for hope, and we pray that our live streams of Mass at Diocese of Fall River will bring Christ and encouragement into living rooms around the world.

Br. Jorge suggests that you call someone (a rare thing in today's world!) to check in on them and share your thoughts about a homily. We can all play a role in offering a word of hope to others.

What questions do you have about watching Catholic Mass online? How do you make the most out of attending Mass from home? We appreciate your comments and thoughts below.