

ST. THOMAS SYROMALABAR CATHOLIC CHURCH, PHILADELPHIA

GUIDELINES ON HOLY QURBANA ONLINE

Dear parishioners, participation in the live streaming of the Holy Qurbana is highly recommended as public celebration of Holy Qurbana is not possible to prevent the rapid spread of COVID-19, though participation online does not grant us the sacramental grace. Since access to Churches is not possible, let us make our homes a place of true worship. The SyroMalabar Church has given the following directions to make participation from your home more effective and prayerful.

1. Set apart a place to participate live streaming. Our prayer rooms/space for family prayer may be an ideal place. Please keep a crucifix on a table with lit candles and place a Holy Bible, close to the monitor or tv where you watch the livestream.
2. Wear formal dress as you are in the Church.
3. Keep yourself free from all other works to participate fully in the Qurbana. Do not entertain phone calls or similar (except dire emergencies), as well as household works/chores.
4. Recite prayers and hymns assigned for congregation/assembly.
5. Keep the posture (standing, sitting, kneeling) proper to the parts of Holy Qurbana.

PRAYER FOR 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 into my soul.
Since I cannot at this moment
receive You sacramentally,
come 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.