



## **How to Help Your Parish Stay Connected**

Archbishop Etienne has suspended the public celebration of Mass until further notice. Here is a list of resources you can provide to your parishioners to help them stay connected:

### **Prayer for Spiritual Communion:**

*My Jesus, I believe that you are present in the most holy Eucharist. 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 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.*

**Rosary:** Sacred Heart Radio: [www.sacredheartradio.org](http://www.sacredheartradio.org)

**Stations of the Cross:** Busted Halo: <https://bustedhalo.com/video/virtual-stations-of-the-cross>

### **Bishop Mueggenborg's Sunday Gospel Reflections:**

- Sacred Heart Radio <https://sacredheartradio.org/>  
(Thursday, Friday, Saturday and Sunday – after the 1pm Rosary)
- Download Weekly Reflections at <https://seattlearchmedia.weebly.com/>

**Mass readings and prayer resources:** <http://uscgb.org/>

### **Mass:**

Pope Francis' morning Mass will be broadcast live. You can view it in real time and find English narrations at 7:00am Central Eastern Time on [www.vaticannews.va](http://www.vaticannews.va).

Instead of offering a listing of other online Mass resources, we recommend streaming your own Sunday services, if possible. This will allow parishioners to stay connected to your community. You will see a step-by-step guide for using Facebook Live at the end of this document. Or you can attend this webinar hosted by Father Scott Hastings and Nic Prenger to learn more:

When: Friday, March 13, 2020 at 9am PT  
What: How to Run a Parish During the Coronavirus Outbreak  
How: <https://coronavirus.prengersolutions.com>

## Using Facebook Live to stream a Mass

1. Using a smartphone, open up the Facebook app
  - a. Before you livestream, be sure to mute your phone and put on Do Not Disturb
2. Log into your account and select your parish page
  - a. It is very important to check that you are livestreaming off of your parish page, and not your personal page (or if you manage multiple Facebook pages for different parishes)
3. On the page, find the “Live” button located under your cover photo, on the left hand side (see photo above for reference)



4. For best results, you will need a tripod with a phone attachment to hold the smartphone in place for the duration of Mass
  - a. Several types of inexpensive tripods are available on Amazon
5. When recording, set the tripod far enough away so that viewers can see the altar, ambo, cantor, etc. but also hear what is happening
  - a. You will be able to see the number of people watching, comments, and likes
6. Once the Mass has completed, click the button to end the livestream and save the video as a post on your parish Facebook page.
  - a. Once the video is posted to your page, you can edit it with a caption.
7. If you want to download the video from Facebook to post to YouTube/Vimeo and include in a parish email, follow these instructions:
  - a. Go to the video on your page and click the time stamp
  - b. Click on the 3 little dots in the upper right-hand corner and select “Download video”
  - c. The file will be saved to your phone or computer as an MP4