[**A Short Guide for Catholics Coping with the Coronavirus**](https://p.praymorenovenas.com/blog/a-short-guide-for-catholics-coping-with-the-coronavirus)



As churches around you have closed or cancelled public Masses and if you are spending more time at home we wanted to share a few online options with you so that you can still watch Mass — and have a fruitful Lent and Easter.

**Here are a few options for you:**

**+ You can watch Mass**on EWTN’s live feed [here](https://www.ewtn.com/tv/watch-live). It looks like they have Mass at 8 am and 12 pm EST on Sunday. Daily Mass throughout the rest of the week is at the same time. [Here’s their schedule](https://www.ewtn.com/tv/schedule).

**+ You can also make an act of Spiritual Communion** by saying a prayer like this one: “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 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.”

+ You can find a live broadcast of perpetual **Adoration** [here](https://www.youtube.com/watch?v=XMBusENP19M).