

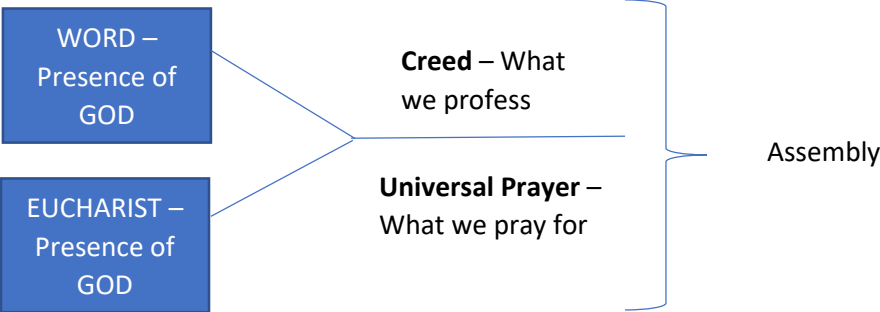
*Spiritual exercises for the home or apartment. The Catholic Diocese of Memphis and all of west Tennessee will be praying together at 7pm except Sunday, when we will have live-streaming Mass.*

## Sunday

### The Mass

From Bishop David:

At each Holy Mass, we are fed at two tables; the Ambo (Liturgy of the Word) and the Altar (Liturgy of the Eucharist). The presence of God is offered in the Word and the Eucharist. They are connected by the Creed (what we profess) and the Universal Prayer (what we pray for) we are the Assembly



In the name of the Father and of the Son and of the Holy Spirit. AMEN

*Penitential Act:* I confess to almighty God, that I have greatly sinned. In my thoughts and in my words, in what I have done and what I have failed to do. Through my fault, through my fault, through my most grievous fault. Therefore, I ask Blessed Mary, every virgin, and you my brothers and sisters to pray for me to the Lord our God.

*Opening prayer:* Pray from your heart about your needs, the needs of your Parish, the Diocese of Memphis and the entire world.

### Liturgy of the Word:

*Three Readings:* [USCCB Daily Readings](#)

*Profession of Faith:* I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of

the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

*Universal Prayer:* Pray for the sick, the poor, all those affected by COVID 19, vocations in the diocese, the faithful departed and for your needs and those things you keep in silence of your heart.

*Eucharistic Prayer:* Matthew 26: 26-30 **and** 1Corinthians 11:23-26

*Closing:* It is in the trine God and in the sign of the cross that we find our blessing. "May almighty God bless you, the Father, and the Son, and the Holy Spirit". AMEN