

**A Guide to On-Line Participation in Worship
Holy Trinity Anglican Cathedral
2020**

- (1) Download the order of service from Holy Trinity Cathedral's website at www.holytrinitycathedral.ca. Print the service or use your smart phone or tablet as your service leaflet.
- (2) Find a quiet place where you will not be disturbed. Consider using headphones or earbuds to give you some additional sacred space.
- (3) Put your telephone on airplane mode.
- (4) When the service begins, make sure that you join in the responses just as if you were physically present.
- (5) Listen to the Scriptures. Write down words or images that catch your attention. You can use these for your own reflection throughout the week.
- (6) Join fully in the intercessions, thanksgivings and petitions. Name aloud those for whom you are praying. Your prayers will rise with those being offered by all participants regardless of where and how they are participating.
- (7) When we exchange the peace, rise and offer the peace to those whom you see on the screen, those with whom you are participating at home and those whom you wish you could embrace in Christ's peace.
- (8) As the bread and wine are being prepared, think of what you are bringing to the Holy Table today as your offering to God.
- (9) At the time of communion say the following prayer: 'Loving God, I offer you my praise and thanksgiving for all the blessings of this life in union with all my brothers and sisters gathered around your Holy Table, no matter where or how they are present. May Christ come into my heart, my soul and my body with the grace and strength of your Holy Spirit. Amen.'
- (10) When the Deacon sends us forth, spend a few moments in silence before turning to other activities.