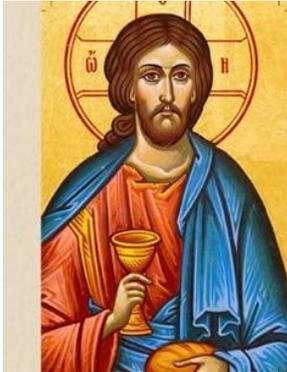


RESOURCES FOR PRAYER AND FAITH FORMATION AT HOME

Updated March 24, 2020



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 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.

We offer you this resource guide as various ways for you to engage your parishioners. There are many resources here to allow you many options for what will work for your community.

This is a great opportunity to remind and empower your parents to teach their children about the faith and remind them of the great role they have. A best practice would be to create a weekly lesson plan for parents to do with their children through the materials we have provided. Have your catechists available to answer questions, help write the lesson plans, talk with parents about techniques in teaching, etc.

Mass

- Participate in Mass through Catholic TV broadcast:
 - [Schedule of Masses on Catholic TV](#)
 - [Ways to watch Catholic TV](#)
 - [WatchtheMass.com](#)
- Participate in Mass through your local parish broadcast, if available:
 - Facebook Live – check your parish or collaborative Facebook page
 - Parish Website – check your parish or collaborative website
 - Local Cable Access – check with your local community access media
- Learn how to make a Spiritual Communion
 - [Information on making a Spiritual Communion](#)
 - [We are a Eucharistic People: Spiritual Communion](#)
 - [SED digital prayer card](#)
- [Sunday Connection from Loyola Press](#)
 - Background and activities to understand the Scripture readings and connect them to daily life.
 - Includes content for Grades 1-8 and families.

Prayers and Devotions

- [The Word Among Us](#)
 - Complimentary access to daily Mass readings, meditations, and more
- [Hallow](#)
 - Catholic prayer app offering 3 months free for new users
- Adoration
 - [Perpetual adoration chapels via web cams](#)
- Magnificat
 - [The Magnificat – free online and via iOS and Android temporarily](#)
 - [Magnifikid – free online temporarily](#)
 - For children ages 6 through 12
- Consider a prayerful reflection on the [Mass Readings](#)
 - [Lectio Divina instructions](#)
- [Liturgy of the Hours](#)
 - [What is the Liturgy of the Hours?](#)
 - [A Beginner’s Guide to the Liturgy of the Hours](#)
 - [Where Did We Get the Liturgy of the Hours?](#)
 - [Universalis - free on the web](#)
 - [Free PDFs of the Liturgy of the Hours from eBreviary](#)
- Rosary
 - [How to recite the Holy Rosary \(free printable PDF\)](#)
 - [Simple and Powerful: How to Pray the Rosary \(Dynamic Catholic\)](#)
 - [The Family Rosary \(why is it SO hard?\) Video](#)
 - [A Rosary Companion – daily rosary podcast](#)
- Divine Mercy Chaplet
 - [How to Recite the Chaplet](#)
- Stations of the Cross
 - [Holy Heroes Stations of the Cross](#)
 - [Virtual Stations of the Cross from Busted Halo](#)
- [Litany in Time of Need](#)
- [The Pope’s Worldwide Prayer Network](#)

Adult Faith Formation

- [Godsplaining](#)
 - A Catholic podcast by the Dominican friars.
 - Join them each week as they muse on all things Catholic.
- [Nextstep from Evangelical Catholic](#)
 - Grow closer to God one step at a time
- [Ascension Presents](#)
 - Strengthen your faith, get answers to tough questions, and discover truth with these fun, informative, and relatable Catholic videos

- [Word on Fire](#)
 - Videos, homilies, articles, podcasts, and Mass from Bishop Barron’s chapel available here
 - [Word on Fire Digital offers a 7-day free trial for those who want more Word on Fire content](#)
- Catholic Distance University
 - [Free courses – Introduction to the Gospel Message and Christian Prayer](#)
- [Discipleship Quads](#)
 - Grow as a disciple and form other disciples
- Endow
 - Small group communities for women
 - [Free online rosary study starting March 25](#)
- [Formed.org](#)
 - [Free access for the next 40 days](#)

Virtual Conferences

- [Be Not Afraid](#)
 - Online conference launching 3/20/20
- Virtual Catholic Men’s Conference
 - [The virtual conference will be available nationwide between Friday April 3 at 12PM EST and Sunday April 5 at Midnight EST](#)
- Virtual Catholic Women’s Conference
 - [The virtual conference will be available nationwide between Friday April 3 at 12PM EST and Sunday April 5 at Midnight EST](#)

Sacramental Preparation

- Baptism
 - “Starting Point” (Dynamic Catholic)
 - Resources for [parents](#)
 - Resources for [parish leaders](#)
 - Comprehensive video-based baptism prep program.
 - Free videos. Additional resources available for purchase.
 - Choosing Godparents: Roles and Requirements
 - [Clip from](#) “Belonging: Baptism in the Family of God” (Ascension Press)
 - Free video addressed directly to Godparents, but also helpful for parents.
- First Communion
 - Watch a [video on the Eucharist with your child and talk about what the Eucharist means to you with your child.](#)
 - Prayer Activity: Family reads the [Sunday reading and discusses what it means.](#)
 - Have the child [fill out a saint card for the saint they are named after.](#)
 - Stuck at home? Have a [family Seder Meal to help children understand the first Eucharist.](#)

- [Catholic Brain](#)
 - Now free for parishes and schools through Divine Mercy Sunday using code: divinemeracy20 (contact [Pete Socks with questions](#))
 - [Blessed \(Dynamic Catholic\)](#)
 - 84 animated short films and free PDF downloads of student and leader guides
- Confirmation (Teens)
 - [Decision Point \(Dynamic Catholic\)](#)
 - Comprehensive video-based Confirmation prep program.
 - All digital. Free.
 - [The Wild Goose Series \(Ministry of the Wild Goose\)](#)
 - 14-part video series on the Holy Spirit. Free.
 - Ideas and resources for the corporal works of mercy
 - [USCCB](#)
 - [YDisciple – Confirmation](#)
 - [Available through Formed.org](#)
- RCIA
 - [Symbolon on Formed.org](#): make use of the appropriate episodes, or segments of them as needed, as a complement to meeting virtually on a web conference/phone call, or skype/FaceTime
 - The “[Men and Women of Faith](#)” series of options on Formed.org contains many short films on inspiring modern examples of heroic Catholics that could be a helpful boost to adults seeking confirmation, and an inspiration to go deeper in their relationship with God
 - Have individual conversations on the phone/Skype/Facetime/Zoom/Google Hangouts with participants
- Adult Confirmation:
 - [Symbolon on Formed.org](#) could be used, especially this episode:
 - [The Holy Spirit: The Life of Grace – God’s divine life within us](#)
 - [The Wild Goose Series \(Ministry of the Wild Goose\)](#)
 - There are many targeted episodes that could be chosen to watch and discuss.
 - The “[Men and Women of Faith](#)” series of options on Formed.org contains many short films on inspiring modern examples of heroic Catholics that could be a helpful boost to adults seeking confirmation, and an inspiration to go deeper in their relationship with God
 - [Decision Point videos](#):
 - Session Intro Videos – can be used for adult audiences as discussion starters
 - Have individual conversations on the phone/Skype/Facetime/Zoom/Google Hangouts with participants

Grades 1, 3, 4, 5

- Sophia Press Free [Sketch Pad Videos on the Sacraments](#)
 - Baptism, Confirmation, Eucharist, Confession, Marriage.
- [CathKids](#)
 - A weekly interactive experience with animated videos on the Sunday readings, questions for discussion, a simple activity, and prayer. Free until June 30, 2020
- [Catholic Brain](#)
 - Now free for parishes and schools through Divine Mercy Sunday using code: divinemeracy20 (contact [Pete Socks with questions](#))
 - Catechetical leaders and catechists can create assignments.
 - Children collect stars and badges for completing items.
- [Coronavirus Response Lesson from Loyola Press](#)
 - This lesson helps catechists or parents discuss the COVID-19 virus with children and offers prevention and mitigation techniques based on CDC guidance.
- [Brother Francis Videos](#)
- [Catholic Icing](#)
 - Weekly Mass Resources for Kids (When Attending Mass Isn't Possible)
- [Ignatius Press Faith & Life Online](#)
 - [free from My Catholic Faith Delivered through the end of June](#)
- Our Sunday Visitor Alive in Christ
 - [Free online access for the remainder of this program year for anyone](#)
- If you do not have a textbook, offer a [parent guide to talk about Lent with their child, or watch a video on a saint](#)
- [CatholicMom.com](#)
- [TheCatholicKid.com](#)
- Prayer Activity: Family reads the [Sunday reading and discusses what it means.](#)
- Loyola Press
 - Contact your parish or your Loyola Press representative to receive free digital student books if you currently have or use a print edition
 - [Free online resources from Loyola Press at this link](#)
- RCL Benziger
 - [Blest Are We](#)
 - [Be My Disciples](#)
 - [Free downloadable resources, prayers, activities, and more](#)
- Bayard (Pflaum)
 - [Free online resources to use at home at this link](#)
- Sadlier
 - Contact your parish or your Sadlier representative to receive free e-book site licenses if you currently have or use a print edition of a Sadlier curriculum
 - [Free online resources from Sadlier at this link](#)
 - [Live 10-minute morning prayer series each day at 9:00 AM EST](#)

Grades 6-12

- [The Didache Series by Midwest Theological Forum](#)
 - [Free from My Catholic Faith Delivered through the end of June](#)
- The Archdiocese of Denver has a sheet of [30 different “Family Questions” for dinner](#) (one a day for a month) which could generate conversation/sharing.
- [“The Bible Project”](#) videos
 - (typically 5-8 minutes each)
 - free and if watched together could also help both kids and parents.
 - For these weeks in Lent, try out their [“Bad Word” series](#).
- [ProjectYM Live](#)
 - A weekly free live youth night with additional resources for parents and youth ministers
- [Summit](#)
 - Website with resources for teens, families and parishes to pray with and study the Bible through the upcoming Mass readings.
- [Forming the Family Podcast](#)
 - A podcast to encourage young people and their families to engage in faith formation together at home, with accompanying resources

For Parish Leaders

- [A Team Approach to Leading Your Parish Through Crisis from Amazing Parish](#)
 - Ideas to maintain healthy cultures, what’s most important right now, and more
- [Revive Parishes](#)
 - Online training for parish leaders, free for 30 days
- Graphic and Logo Design
 - [Canva](#)
 - Easy to use, affordable, design tool
 - [99designs](#)
 - Custom designs for logos, websites, and more
 - [Pro Media Fire](#)
 - Custom graphics and videos
- Livestreaming Resources
 - [A Beginner’s Guide for YouTube, Facebook Live, and Instagram Live](#)
 - [How to Livestream: A Practical Guide](#)
- Working with and Managing Teams Working Remotely
 - [7 Rules for Leading a Digital Team from Carey Nieuwhof](#)
 - [How to Manage Newly-Remote Teams from VitalSmarts](#)
 - [How to Work from Home from Mission Minded](#)
 - [Transitioning to Church Remote Work from Tithe.ly](#)
 - [Avoid Burnout in Virtual Ministry](#)
 - [Look ahead, adapt, create clarity, use social media, and look for opportunity](#)
 - [Communicate, be responsive and available, and keep supervisors informed](#)

- [Ministering Digitally through COVID-19 \(InterVarsity\)](#)
 - Guides to online leader meetings, online small groups, online prayer, and more
- Webinars and Podcasts
 - [Amazing Parish Webinars](#)
 - [Parish Catalyst](#)
 - [National Federation for Catholic Youth Ministry](#)
 - [Divine Renovation Video and Audio Podcasts](#)
 - [Word on Fire Show Podcast Archive](#)
 - [FORMED.org Webinars](#)
 - [A Proven Path for Parish Evangelization from ChristLife](#)
 - [Alpha in a Catholic Context Webinars](#)
 - [Equip Cast 3: Where Church Happens](#)

Solidarity Prayer for a Pandemic

May we who are merely inconvenienced
remember those whose lives are at stake.

May we who have no risk factors
remember those most vulnerable.

May we who have the luxury of working from home
remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close
remember those who have no options.

May we who have to cancel our trips
remember those that have no place to go.

May we who are losing our margin money in the tumult of the economic market
remember those who have no margin at all.

May we who settle in for a quarantine at home
remember those who have no home.

During this time when we cannot physically wrap our arms around each other,
let us yet find ways to be the loving embrace of God to our neighbors.

Amen.



SECRETARIAT FOR
EVANGELIZATION
AND DISCIPLESHIP
Archdiocese of Boston