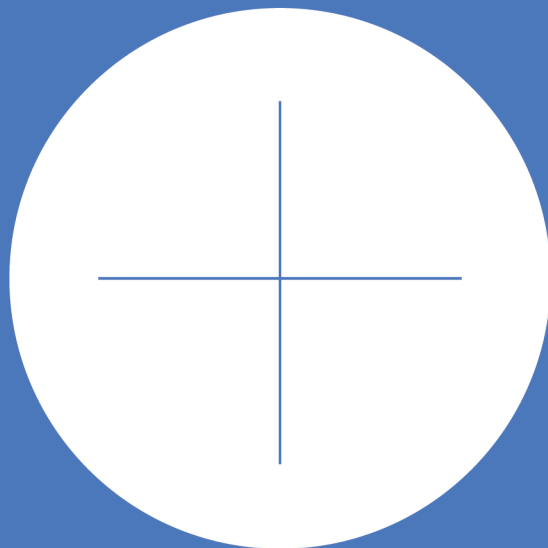


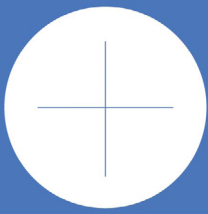
Surviving COVID-19 In Christ



A Diocesan Campus Ministry Resource Kit



Diocese of Savannah Office of Campus Ministry



Sacramental

MASS

Removing the Sunday obligation of Mass does not remove the obligation to keep the Sabbath holy.

Tips For Watching Mass Online

- Get dressed up like you are going to church
- Sit in something that helps you pay attention
- Light a candle to create a sacred atmosphere
- Have a crucifix nearby
- Make all the responses
- Do all the actions (sit, stand, kneel, make the sign of the cross, etc.)
- Pray with your body
- At the time of communion recite the Spiritual Communion prayer aloud

There are many live stream options to participate in the Mass, check your local church to see if they are live streaming their Mass. Below are a few options.

Live Stream Mass Options

- St. John the Baptist / savannahcathedral.org
10:00 am EDT
- St. John the Evangelist / [Facebook page](#)
12:00 pm EDT
- Father Mike Schmitz - [Ascension Presents](#)
9:00 am CDT

Spiritual Communion Prayer

My Jesus, I believe that You are present in the Most Holy Sacrament of the altar. 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.**

ADORATION

Depending on state and local ordinances, many churches have had to closed their doors completely. For many this means no adoration. Thankfully there are live stream options to adore Jesus in the Blessed Sacrament.

Tips For Live Stream Adoration

- Follow same guidelines for Mass
- Have the Bible handy
- Keep a rosary nearby
- Use your journal
- [Other guidelines and tips](#)

Live Steam Adoration Options

- 24/7 [St. John of Rochester Catholic Church](#)
- 24/7 [EWTN Great Britain Tyburn Convent](#)

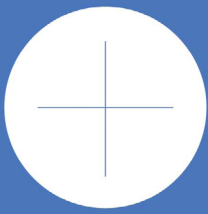
CONFESSION

With state and local ordinances, please check with your local parish and diocese on the current availability of Confession.

Pope Francis has encouraged people who cannot go to confession with a priest to go directly to God. Tell God your sins, ask for forgiveness, and pray the Act of Contrition from your heart.

Act of Contrition Prayer

Oh my God, I am sorry for all my sins with all my heart, in choosing to do wrong and failing to do good. I have sinned against you whom I should love above all things. I firmly intend with your help to do penance, to sin no more and avoid anything that leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. **Amen.**



Prayers

READINGS

Daily prayer is important, reading the daily readings is a good way to hear God.

Daily Readings

- [Aleteia](#)
- [Magnificat](#)

The Liturgy of the Hours, also known as the Divine Office or the Work of God (Opus Dei), is the daily prayer of the Church, marking the hours of each day and sanctifying the day with prayer. The Hours are a meditative dialogue on the mystery of Christ, using scripture and prayer.

Liturgy of the Hours

- [Divine Office](#)
- [USCCB](#)

NOVENAS & MORE

There are an immense amount of prayers, novenas and chaplets that would be perfect to pray during this pandemic time. Below are some resources to help you find a daily prayer habit.

Resources

- [Morning Prayer](#)
- [Divine Mercy Novena](#)
- Divine Marcy Chaplet / [Quest Radio](#) daily 3:00 pm EDT
- [More Novenas](#)
- [More Prayers](#)

ECHO APP

We believe that prayer is a powerful and effective way for us to connect with God. Echo Prayer is a free app that helps you keep track of your prayers, reminds you to pray throughout the day, and lets you share prayer requests with others.

[Download the App](#)

ST. JOSEPH

We may be familiar with consecration to the Blessed Virgin Mary, in particular the method popularized by St. Louis De Montfort which consists of 33 days of spiritual preparation. In recognition of the emphasis the Church has placed on St. Joseph in recent centuries, Fr. Donald Calloway, MIC, has introduced a similar Consecration to St. Joseph complete with 33 days of readings and prayers leading up to a prayer of consecration recited on a feast day connected to St. Joseph.

Resources

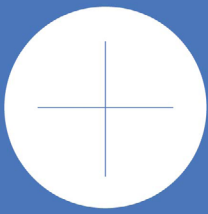
- [Year of St. Joseph](#)
- [EWTN](#)

STATIONS of the CROSS

The Vatican announced a plenary indulgence for anyone who devoutly participates in the Stations of the Cross during this pandemic.

Resources

- Theology of the Body Institute / [Facebook](#) Fridays 3:00 pm EDT
- [USCCB](#) / [Visuals](#)
- [Vatican Letter of Indulgence](#)



Formation

APPLICATIONS

This time gives us a great opportunity to learn more about our Catholic faith. The beauty of our faith is that it is always growing and always something new to learn. Below are a list of resources that can help you learn more about our Catholic faith.

Mobile Apps

- [Discerning Hearts](#)
- [Laudate](#)
- [iBreviary](#)
- [Relevant Radio](#)
- [Catholic Catechism Trivia](#)
- [More Apps](#)

VIDEOS

Videos or live streams can be a great way to be engaged in the content presented. Below are a few options to watch or tune in when you're available.

Watch

- Two Minute Theology with Fr. Patrick May / [Facebook](#)
- Theology on Tap with Fr. Jason Adams
Wednesdays 7:30 pm EDT / [Facebook](#)
- Fr. Mike Schmitz / [Youtube](#)

MUSIC

Music is a great way to lift the spirit. Below are some great Spotify playlist.

Listen

- [Vigil Project](#)
- [Catholic Playlist Show](#)
- [Traditional Catholic](#)
- [More Playlists](#)

PODCASTS

Podcasts are great to listen to while you're going for a walk, cooking in your home, or if you got tired of listening to music.

Listen

- [Pints with Aquinas](#)
- [Among the Lilies](#)
- [Two Catholic Dudes](#)
- [Catholic Stuff You Should Know](#)
- [Shoot the Shiitake with Fr. Leo](#)
- [The Catholic Feminist](#)
- [Abiding Together](#)
- [More Podcasts](#)

WEBSITES

There are many websites that can help fill empty gaps within your day. A few have great resources for our well being.

Fill The Gap

- [Formed](#)
- [Keep Watch and Pray](#)
- [Vigil Project](#)
- [The Vatican](#)

Physical Health

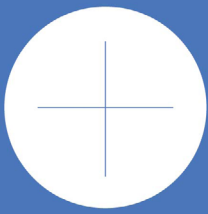
- [Pietra Fitness](#)
- [Study Syndrome](#)
- [More Exercises](#)

Spiritual Health

- [John Paul II Healing Center](#)
- [Finding Peace in Troubling Times](#)

Mental Health

- [Catholic Therapists](#)
- [Catholic Counselors](#)
- [Anxiety](#)
- [Isolation](#)
- [Depression](#)
- [More Resources](#)



Campus Ministries

SAVANNAH

Savannah Catholic Campus Ministry has moved all their small groups, Bible studies, and social nights to Zoom. For more information visit their [Facebook](#).

Zoom Calls

- Bible Study with Fr. May / Mondays 2 pm EDT
- Women's Group / Tuesdays 8 pm EDT
- Men's Group / Wednesdays 8 pm EDT
- Social Night / Fridays 7 pm EDT

Zoom ID: 6749890734 Password: SCCM

Facebook Live

- [Rosary](#) / Sundays 12 pm EDT

VALDOSTA

Valdosta Catholic Campus Ministry has moved their small groups and Blaze nights to a virtual platform. For more updates visit their [Facebook](#) or [Instagram](#).

Zoom Calls

- Small group 1 / Mondays 3:30 pm EDT
- Small group 2 / Wednesday 3:30 pm EDT
- Small group 3 / Fridays 6 pm EDT
- Blaze Night / Fridays 7:30 pm EDT
- Rosary / Mondays 1:15 pm EDT

Zoom ID: 252508453 Password: VSU

MERCER

Mercer Catholic Campus Ministry has moved their meetings to Zoom. For updates visit their [Instagram](#).

Zoom Calls

- Rosary/Divine Mercy / Tuesdays 7 pm EDT
- Meeting ID: 8547967442**

COLUMBUS

Columbus Catholic Campus Ministry has moved their Friar-side lunch to a virtual platform on Zoom.

Zoom Calls

- Friar-side Lunch / Tuesdays 12:30 pm EDT

Zoom ID: 818392313 Password: 265557

STATESBORO

Statesboro Catholic Campus Ministry has moved all their Bible studies to a virtual platform. Fr. Johnson is also live streaming daily Mass.

Bible Studies

- Visit their [Instagram](#) for more information or contact Sarah Talbot (334) 354-7545

Facebook Live

- [Mass](#) / Daily 9:30 am EDT

HOUSTON, TX

The campus ministry at the University of Houston has invited all college students in Georgia to join them in their small groups and prayer meetings.

Rosary

- [Daily 9 am CDT](#)
- [Mondays 5:30 pm CDT](#)
- [Tuesdays 6 pm CDT](#)

Small Groups

- [Sunday 9:30 am CDT](#)
- [Tuesday 5:30 pm CDT](#)
- [Thursday 5 pm CDT](#)