

Resources for Catholics

Catholics are searching for content and connections to sustain and encourage faith during this time in which we find ourselves. This listing offers suggestions to assist us on the journey.

DIGITAL AND DOMESTIC

The word 'Missa' from which is derived our word 'Mass' comes from the Latin formula for the dismissal of the congregation, *Ita, missa est*, literally meaning "Go, she—meaning you, the Church—has been sent"). It is related to the word 'mission'. Today, we have been sent – to take our faith out in a new and more intentional way into our homes, our communities and our world. The early Church began with house gatherings - we can continue to do the same. After all, the Church is the people of God. Pope Emeritus Benedict XVI, in 2008 in Sydney, spoke of what it is to be Church as, "the Church, the people of God throughout the world, united in faith and love and empowered by the Spirit to bear witness to the risen Christ to the ends of the earth".



A Space at Home

Consider creating a sacred space in a central place in your home. Include a Bible, candle and Crucifix. Encourage each member of your family to add an item that is meaningful to them from their own faith journey. Keep this as a focus for your family's faith, gather around it to pray often, and make this the heart of your home in preparation to celebrate Easter.

ONLINE MASSES



Diocese of Broken Bay

Hornsby Cathedral Parish offers daily Mass on Youtube on demand.

<https://www.bbcatholic.org.au/hornsby>



Mass for You at Home

Sunday Mass is live at 6am, then offered on demand.

<https://10play.com.au/mass-for-you-at-home>



Vatican Media Live

Pope Francis' daily Masses at Casa Santa Marta are broadcast live on this Youtube channel.

Past Masses have been recorded and can also be accessed.

<https://www.youtube.com/watch?v=VJH18bIOLWg>

PRAYER OF SPIRITUAL COMMUNION

In times of being unable to receive Eucharist, we come before God in prayer to express the desire in our hearts to be closely united to him.

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.

LITURGY



LiturgyHelp – currently offering free access

This resource has been made available to all via this link: www.liturgyhelp.com/aus/pray

Here you will find the Liturgical readings for each day from the Jerusalem Bible as used in Australia. Additional resources include commentaries, homilies and children's activity sheets for each Sunday.



Laudate (App)

This free App has a large number of resources at hand, including the day's Readings; the Liturgy of the Hours; the Rosary, Stations of the

Cross, Prayers, Catholic documents including the Catechism of the Catholic Church, and even links to many Catholic media sites. Download for Apple and Android.

PRAYER



Pray As You Go

Start the day with a reflection on the day's Reading, with music, Scripture reading, and guided reflection. A simple way to connect with the Church's liturgy and to bring God into your day. Approximately 15 minutes.

<https://pray-as-you-go.org/> or download App on Apple or Android

PRAYER

The Rosary

"I commend to you in a particular way the Rosary of the Blessed Virgin Mary... As you pray the Rosary, I encourage you to ask for the grace that we need in our Church and in our world at this time. Be confident in your prayers and trust that the Mother of Our Lord will accompany you and lead you to her son, Jesus." (Most Rev Anthony Randazzo, 18 March 2020)

Let's take up this wonderful Catholic prayer in our families. An easily accessible App can be a great help. This is one example.

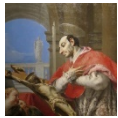


iRosary (Apple – \$4.49)

Easy to use App with text and images. Does not include audio.

<https://apps.apple.com/au/app/irosary-catholic-rosary/id301340979>

Patron Saints of Plagues



St Charles Borromeo, who is buried at the Cathedral of Milan, was Archbishop at the time of a plague in Milan in 1576-77, and came to the aid of those afflicted. St Charles Borromeo, pray for us. Other saints who are invoked in times of plague include St Sebastian, St Roch, St Rosalia and St George.

This is also a Saint Corona from the early Church who lived in northern Italy, with '*corona*' meaning 'crown' in Latin. Her feast day is May 14.

<https://catholicherald.co.uk/the-best-saints-to-pray-to-during-a-pandemic/>

FAMILIES



CathFamily – Free access to CathKids until June 30

CathFamily is an Australian site offering family resources including activities, craft, recipes, games and seasonal rituals which are perfect for Lent. The CathKids section offers a weekly interactive experience on the Sunday reading, with a short animated video, questions to stimulate discussion, a simple activity and prayer. A great way to engage children each Sunday.

CHILDREN



The Bible App for Kids (YouVersion)

A free interactive App for children with animated bible stories, games and activities.

<https://www.bible.com/kids>

WEBSITE

Formed.org – Free For 40 Days



Formed provides a wide variety of Catholic content to help parishes, families and individuals explore their faith. Studies, movies, children's programs, ebooks and audio are available on your web browser or mobile phone.

For a short time, register at [formed.org](https://www.formed.org) for a free account and discover the plentiful, high quality content available.

In particular:

1. For children: Brother Francis "Let's Learn About Lent"
2. For adults: Lectio: Salvation with Dr Michael Barber

This resource prepared by:

Office for Evangelisation, Catholic Diocese of Broken Bay