

Spiritual Support

A Spiritual Communion

Fr David O'Malley SDB has produced a resource for use at home in the coming weeks.

This short prayer pattern follows the shape of the mass and allows you to participate in a homely prayer. It invites Jesus into your home and into your lives for the coming week. It is designed for families and couples, but it can also be used by individuals who have had to self-isolate and anyone who cannot be at Sunday Eucharist. [Download the prayer leaflet here.](#)

Daily Reflections and Prayer

The Jesuit Prayer resources include the readings of the day with a reflection on these and an accompanying prayer. There is support here for the Examen and various other prayers including one against anxiety and depression. Subscribe for free for daily emails. See

<https://jesuitprayer.org>.

Count Your Blessings

In such dark and difficult times, it is easy to dwell on the negative. We should try to find positives each day and to count our blessings (perhaps even record this in some way). These may be simple Acts of Kindness we have witnessed, awe and wonder of creation, or being mindful of what we DO have rather than what we do not. Give thanks to God.

Three Minute Retreats - online reflections from Loyola Press that focus on the day's readings

<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer>

Pathways to God - Online prayer resources and reflections from the Jesuits in Britain

<https://www.pathwaystogod.org/my-prayer-life>

Pray as you go - Online and downloadable daily prayers, and other prayer resources from The Jesuits in Britain.

<https://pray-as-you-go.org/>

- o Pray as you stay. A prayer tool for those in isolation or working from home - <https://pray-as-you-go.org/article/pray-as-you-stay-week-1>

Churches live-streaming Sunday or Daily Mass <https://www.churchservices.tv/churches/>

See parish websites/newsletters for other local parishes

Universalis – Mass readings for the day, morning prayer, evening prayer and night prayer

<https://universalis.com/today.htm>

Our end of term assembly, March 2020

Prayer resources for the holiday

Covid-19 prayer

Prayer for a Pandemic

Mary Ward, the coronavirus, and us

Lockdown