

# Prayer Resources in Time of Need.

## One Body, One Spirit in Christ (Eph 4:4)

Pope Francis offers advice about how to face the daily challenges posed by the COVID-19 pandemic:

"We need to rediscover the concreteness of small things, the small acts of kindness shown to those who are close to us, family, friends. We need to realize that our treasure lies in small things. There are tiny gestures that sometimes get lost in the routine of everyday life, gestures of tenderness, affection, compassion, that are nevertheless decisive, important", he says.

The Pope gives the examples of sharing "a hot plate of food, a caress, a hug, a phone call... These are familiar, attentive gestures regarding everyday details that make life meaningful, and create communion and communication amongst us".

<https://www.vaticannews.va/en/pope/news/2020-03/pope-coronavirus-interview-repubblica-pandemic-covid-coronavirus.html>

## Spiritual Nourishment

### Accessing Prayer Resources

*You may wish to begin your prayer by lighting a candle and/or preparing a prayer focus with a cross or crucifix, bible, flowers etc. While people may choose to watch Mass online or on TV, why not consider praying together. Reading the Scripture passage aloud with your family or friends and then spending time in discussion and prayer will assist in us feeling connected in faith. The Lectionary readings for each day are reminders that although we may be physically isolated and unable to celebrate Mass together, we can still be joined in prayer as members of one Body who are always united in Christ.*

- The Australian Catholic Bishops Conference has a list of online links <https://catholic.org.au/coronavirus>
- **Participating in Mass online**
  - Mass on Demand <http://bit.ly/MassOnDemand>
  - Melbourne Catholic Mass on line <https://melbournecatholic.org.au/Mass>
  - Word on Fire Daily Mass [www.wordonfire.org/daily-mass](http://www.wordonfire.org/daily-mass) (as this is from the USA, we are viewing yesterday's Mass)
- **Making a Spiritual Communion** <https://adw.org/coronavirus-dispensation-and-prayers/>

Sophy Morley, Diocesan Coordinator for Liturgy & Pastoral Ministry, Catholic Diocese of Sale, Vic.

- **Daily Prayer, Liturgy of the Word, Liturgy of the Hours, Mass readings and Scripture Commentaries**
  - **LiturgyHelp** has offered free access to the daily Mass readings, Roman Missal texts and Commentaries. Please use the special website link for the Diocese of Sale [liturgyhelp.com/aus/sale/pray](http://liturgyhelp.com/aus/sale/pray)
  - *Daily Prayer* <https://www.pray.com.au/>
  - *Magnificat* <https://us.magnificat.net/free> Complimentary access to iOS and Android apps
  - *Give Us This Day* <https://giveusthisday.org/Digital>
  - *Universalis* <https://universalis.com/mass.htm>
  - Break Open the Word (Sunday readings) from Liturgy Brisbane [click here](#) or <https://www.liturgybrisbane.net.au/prepare/sunday-readings-read-at-home/>
- **Sunday Homilies** - Word on Fire <https://www.wordonfire.org/> Available by the Thursday before each weekend.
- **Praying the Rosary at home** <https://www.rosarycenter.org/>
- **Faith Circles** – download weekly Scripture resources with prayer, reflections questions and a reflection by Pope Francis. Download from website or subscribe to get free links in your email inbox. [click here](#) or <https://www.dow.org.au/media-resources/faith-circles/>
- **Prayers in time of pandemic** [click here](#) or <https://melbournecatholic.org.au/News/prayers-in-a-time-of-pandemic>

#### For Families and Children

- **CathKids** follow the links to many resources to help engage children <https://cathfamily.org/>
- **Liturgy of the Word for Children** <http://www.cam.org.au/evangelisation/Summit> or [click here](#)
- **Magnifikid** [www.magnifikid.com/free](http://www.magnifikid.com/free) to view and download weekly book of a colourful Sunday Mass guide for children ages 6-12.
- **Sunday Gospel Reflections from Loyola Press** (resources for families and various age groups) [click here](#) or <https://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection>



***Great to see the use of social media and the parish website by Fr Francis and Deacon Confidence. We can make these abundant resources available online for any parishioner who needs them. Thanks to Sophy Morley for sourcing these for us.***

# Suggestions for Practical Response to Spiritual and Pastoral Needs in St. Michael's Parish

## For discussion by the Pastoral Council

**Suggestion 1:** In times of great tension and stress people gravitate towards the church for time in prayer and to be surrounded by the familiar aspects of their faith life: the icon of Our Lady, lighting a candle under the statue of the virgin, praying in front of the Blessed Sacrament, the tranquil atmosphere of the sanctuary.

To facilitate this opportunity, the following suggestion is made:

- The church remains open during the day for personal visits to pray
- leaflets in the church with weekly Sunday readings and commentary
- list of websites with Scriptural & devotional material... podcasts and videos
- roped off area in the church for private prayer and contemplation around the statue of Our Lady
- Supply of hand sanitizer on the table at the Kay Street entrance.
- This smaller area is more easily cleaned on a regular basis.

**Suggestion 2:** The pastoral needs of the community will come into stark contrast as the weeks unfold and we can put several strategies into place to care for those most vulnerable in our parish and community.

- **Adopt a Parishioner...** regular telephone conversations and practical support with shopping and personal needs. A register can be kept through the parish office of who is keeping contact with whom
- **Creation of a Volunteer Pool** who will respond to emergencies within the parish community
- **Liaising with Vinnies** to create a 'frozen food bank' so that the volunteer pool can drop off food to people who are unable to shop or cook for themselves
- **Mick's Kitchen Take Away ...** consideration given to the possibilities of offering take-away food at a re-opened Mick's Kitchen. Negotiation with Vinnies for the use of the venue & the Latrobe City to allow take away food to be distributed
- **Emergency Accommodation...** accommodation and self-isolating facilities be organised by the parish somewhere in the town so that, in an emergency, it can be offered to people who need this and have nowhere else to go.
- **Communion to the Sick** and those in nursing homes should be resumed as soon as practical. There must be a way communion can be distributed to those most in need of the Sacrament.