

## Keeping the faith alive and Keeping Sunday Holy – What Can We Do?

To assist individuals and families and parishes during this time, the following resources that are available for you to use:

### 1. Praying with the Sunday readings:

- Read and reflect on the Sunday readings. For Sunday readings - see Brisbane Liturgy [Sunday Readings at Home](#).
- Use the prayer form of *Lectio Divina*  
[What is Lectio Divina?](#) (Read)  
[What is Lectio Divina?](#) (Watch 5.30m)

Ascension Media (*for a longer introduction on Lectio Divina, about 6 mins each*)

Part 1: [https://www.youtube.com/watch?v=bKSp\\_s04sVg](https://www.youtube.com/watch?v=bKSp_s04sVg)

Part 2: <https://www.youtube.com/watch?v=Ow4yU3qOtrc>

Part 3: [https://www.youtube.com/watch?v=NYb\\_c5Bc6AE](https://www.youtube.com/watch?v=NYb_c5Bc6AE)

Part 4: <https://www.youtube.com/watch?v=TvmeV6yDN9o>

### 2. Pray, The Prayer of the Church (Liturgy of the Hours/Divine Office):

- [What is the Prayer of the Church](#) (Watch 3 mins)
- [How to pray the Liturgy of the Hours](#) (Watch 18 mins)
- In particular, Morning and/or Evening Prayer on Sunday (Morning and Evening Prayer for each Sunday can be found as a downloadable PDF [here](#))

### 3. Unite, spiritually with others by watching Sunday Mass streamed from:

- [Lismore with Bishop Greg](#) (Sunday 8am. Highly recommended as this reminds us that we are connected to our/the Local Church of Lismore.)
- [St Patrick's Cathedral, Melbourne](#) (Sunday 11am Mass is streamed live.)
- [St Stephen's Cathedral, Brisbane](#) (Sunday 10am Mass is streamed live.)
- [Mass for You at Home](#) (Sunday 6am Mass streamed on Channel 10.)
- [www.facebook.com/macleayvalleycatholicparish](http://www.facebook.com/macleayvalleycatholicparish) - A private Mass will be videoed and livestreamed every Sunday at 9.30am. Other videos and resources will also be uploaded.

### 4. Other options: Daily Mass from:

- [St Patrick's Cathedral, Melbourne](#) (1pm Mon – Fri streamed live and is then available as a recording on demand until one hour prior to the next 1pm Mass)
- [St Stephen's Cathedral, Brisbane](#) (8am Mon – Fri streamed live)
- [CathNews](#) (Mass on Demand via Youtube)
- [Word on Fire from Bishop Barron's Chapel](#) (as this is from the USA, we are viewing yesterday's Mass!)
- [Pope Francis at the Vatican](#) (in Italian and can be watched later)
- Download the [Universalis App](#) which contains not only the Prayer of the Church but also the Mass of the Day and many other things (A cost of around \$12 but there is a free trial) or access material from the [Universalis website](#)

### 5. Websites:

Check out websites from around the Diocese and beyond. Many have resources attached to them.

## 6. Prayers:

- [In Time of a Pandemic](#) (a number of prayers in a PDF)
- [Prayer from Apostolic Nuncio in Australia, Archbishop Adolfo Tito Yllana](#) (PDF)
- [Daily Prayer from the Australia Jesuits](#)
- [Pray as You Go](#)
- [Pathways to God -- Lent Retreat 2020](#)
- [Sacred Space](#)

## 7. Reflections:

- Lismore Diocese [YouTube Channel](#)
  - [Lent 2020 Talk 1](#)
  - [Lent 2020 Talk 2](#)
  - [Lent 2020 Talk 3](#)
- Anything anything from [Word on Fire](#) (Bishop Robert Barron)
  - [... on the Coronavirus](#)
- Watching anything from [Ascension Presents](#)
- From [Jamberoo Abbey](#)

### **Prayer for a Pandemic [\(PDF\)](#)**

*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 safe 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 quarantine at home;*

**Remember those who have no home.**

*As fear grips our country, let us choose to love.*

*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 neighbours. Amen**

Cameron Bellm