

# Quarantine Thoughts -2

## *Stay Connected to God and Community*

During this time of social/Physical isolation it is important that we pray and stay connected to our community. A range of online resources are available to assist with this. These include daily prayers and readings, prayer services, the Sunday Office, commentaries, homilies and reflections as well as Gospel based activities and resources to support personal and family prayer. Let us create prayerful solidarity with our community and the whole Body of Christ. Here are some more resources to help us and our families.

### **WEBSITES of the Diocese of Wollongong and Parish**

- St Pauls Parish Camden Website : <https://www.stpaulscamden.org.au/>
- Diocese of Wollongong : <https://www.dow.org.au/covid-19/>;  
[https://dow.sh/YouTube](https://dow.sh/YouTube;);  
<https://facebook.com/WollongongCatholic>

## **HOLY WEEK**

### **HOLY WEEK CEREMONIES LIVE-STREAM OR TV**

- **EASTER CEREMONIES ON TV FROM ST MARY'S CATHEDRAL SYDNEY - CHANNEL 7 TV**  
[https://www.catholicweekly.com.au/channel-7-to-broadcast-st-marys-cathedral-easter-liturgies-nationally/?fbclid=IwAR0jcw2MMsNRZGUc\\_gwHTj5JgSKEu-OI-oi8XuDpKgDreoJOYmyu3SIIHXk](https://www.catholicweekly.com.au/channel-7-to-broadcast-st-marys-cathedral-easter-liturgies-nationally/?fbclid=IwAR0jcw2MMsNRZGUc_gwHTj5JgSKEu-OI-oi8XuDpKgDreoJOYmyu3SIIHXk)

### **PRAYER PAGES & FAMILY ACTIVITIES**

- **HOLY WEEK AT HOME** from Liturgy Brisbane  
<https://www.liturgybrisbane.net.au/prepare/sunday-readings-and-family-prayer>
  - **Family Prayer** pages for: **Palm Sunday, End of Lent, Holy Thursday, Good Friday, Easter Sunday** (can also be accessed directly from the link below).
  - **For Children:** 'Family Prayer' for children with activities:  
<https://www.liturgybrisbane.net.au/prepare/sunday-readings-and-family-prayer>
- **SPIRITUAL COMFORT FOR TROUBLED TIMES & HOLY WEEK** from Emmaus Productions  
<https://www.emmausproductions.com/special-feature/spiritual-comfort-for-troubled-times-holy-week-2020/>
- **FREE E-RESOURCES FOR CORONA VIRUS SHUTDOWN & HOLY WEEK** The Pastoral Center (US)  
<https://pastoral.center/>

## WAY OF THE CROSS FOR HOLY WEEK

- **WAY OF THE CROSS** Redemptorists [https://www.cssr.org.au/pray\\_with\\_us/dsp-default.cfm?loadref=263](https://www.cssr.org.au/pray_with_us/dsp-default.cfm?loadref=263)
  - Way of the Cross by Fr. Anthony Kelly, C.Ss.R., STD (or PDF download)
  - Way of the Cross by Fr. Kevin O'Shea, C.Ss.R., STD (PDF download)
- 'WAY OF LOVE' (WAY OF THE CROSS)  
<http://www.lagleder.net/easter/lent/stations.htm>
- **WAY OF THE CROSS AND WAY OF THE CROSS FOR CHILDREN** – slides, words and music  
Monica Brown: <https://www.icatholic.ie/emmausproductions/>
- **STATIONS OF THE CROSS FOR MARRIAGES AND FAMILIES**  
<http://www.foryourmarriage.org/stations-of-the-cross-for-marriages-and-families/>
- **THE STATIONS OF THE CROSS** Carmelites: Printed traditional with historical background.  
<http://www.carmelites.ie/Stations%20of%20the%20Cross%202013.pdf>
- **STATIONS OF THE CROSS** Fr Rob Galea <https://store.frgministry.com/collections/resources>  
digital download to pray at home (\$15 contribution to costs)

## MASS FOR US AT HOME

- **Mass On Demand** <https://cathnews.com> (Scroll down) every day from Our Lady of the Way Parish, Nth Sydney & Lavendar Bay Livestream or video archive: and **Facebook: 'Mass on Demand'**  
<https://www.facebook.com/massondemand/>.
- **Mass for You At Home** live streamed at 6.00 am every Sunday on Channel 10:  
<https://10play.com.au/mass-for-you-at-home?>
- **Daily Mass With Pope Francis** <https://www.vaticannews.va/en.html> Mass from the Vatican.  
The YouTube videos offer English translation of original Italian. YouTube:  
<https://www.youtube.com/channel/UCxlsefyI9g9A5SGWA4FvGIA/videos>
- **EWTN Global Catholic Network** <https://video.ewtn.com/daily-mass/> and faith related videos online.
- **Prayer When Unable to Receive Communion: Act of Spiritual Communion**  
<https://www.dolr.org/article/those-unable-receive-eucharist-can-have-spiritual-communion>

## MOBILE APPS

- **LAUDATE** : *Almost everything you want to know in the Catholic Church* 😊
- **Catholic Calendar**
- **IBreviary**
- **Christian prayers**
- **Holy Bible- Various versions**
- **Lectio Divina**
- **Catholic Daily Reflections**
- **Shalom World TV**

## PRAYING WITH SCRIPTURE READINGS

- **The Bible** <https://bible.oremus.org/>
- **Just 1 Word** [www.just1word.com/niv/luke/](http://www.just1word.com/niv/luke/) Catholic Bible App.
- **Word on Fire** <https://www.wordonfire.org/> with helpful article from **Bishop Robert Barron** <https://www.wordonfire.org/resources/article/the-coronavirus-and-sitting-quietly-in-a-room-alone/26865/>
- **Pray As You Go!** <http://www.pray-as-you-go.org/home/>. Daily prayer for listening: computer, MP3, tablet, smartphone. Scripture, reflection, quiet time, traditional or modern music, resources for prayer.
- **Sacred Space** <http://www.sacredspace.ie/>. 10 minute prayer and reflection.
- **Faith Circles** download Sunday reading reflections from the Diocese of Wollongong <https://www.dow.org.au/media-resources/faith-circles/>
- **Magnificat Community** <https://us.magnificat.net/free> Daily readings, prayers and hymns for personal or family prayer, now free.
- **Give Us This Day** <https://giveusthisday.org/Digital> includes daily readings, prayers, hymns and reflections, now free.
- **Liturgy of the Hours** <http://www.catholictv.org/shows/divine-office> The Liturgy of the Hours, prayed at certain times throughout the day, is the liturgical prayer of the Church. Online, through the **iBreviary App**, **Universalis App**, or join St. Joseph Church in Conway <https://www.facebook.com/sjparishconway/> (Ireland).
- **Mass Readings and Prayers** <https://universalis.com/> Liturgy of the Hours ('Divine Office')

## PRAYERS IN A TIME OF PANDEMIC

- **Prayers During Corona Virus Crisis** <https://www.dolr.org/covid-prayers>
- **Prayers for Community in a Time of Pandemic** <https://www.corrymeela.org/news/180/prayers-for-community-in-a> from the Corrymeela community in Ireland
- **Prayer Reflection on Life in time of COVID19** <https://ignatiansolidarity.net/blog/2020/03/14/examen-covid-19/?fbclid=IwAR1O6jrwNxsMAI78Cdn3oSnmewQnKnXmKEPgxzXoqBMLeFyEZhHGCA3Xrll>
- Ignatian Solidarity 'Examen for Life during COVID19'
- **A Faith Response to Corona Virus** <https://pastoral.center/a-faith-response-to-the-coronavirus>

## PRAYER and SPIRITUALITY

- **The Taize Community** [www.taize.fr/en](http://www.taize.fr/en) and Taize Facebook <https://www.facebook.com/taize/> Evening prayer live from Taize in France every day at 8.30pm Central European Time

- **Bread4Today** <https://www.cssr.org.au/bread4today/> Prayer App and Online. Prayers and useful links.
- **Apostleship of Prayer** [www.apostleshipofprayer.org](http://www.apostleshipofprayer.org) Worldwide prayer for the needs of the world.
- **3-Minute Retreat** <https://www.loyolapress.com/3-minute-retreats-daily-online-prayer> App or online.
- **Daily Prayer** <http://www.pray.com.au/> A few moments of quiet prayer.
- **Ignatian Spirituality** <https://www.ignatianspirituality.com/> including 'Ignatian Wisdom for Troubled Times, prayers, online retreats.
- **Australian Christian Meditation Community** <https://wccmaustralia.org.au/> Christian Meditation.
- **Jamberoo Abbey FaceBook Page** [https://www.facebook.com/jamberooabbey/?\\_\\_tn\\_\\_=kCH-R&eid=ARAL7Y3BBEzFVY3d0hcop4L3DvpVLqoqiGL-](https://www.facebook.com/jamberooabbey/?__tn__=kCH-R&eid=ARAL7Y3BBEzFVY3d0hcop4L3DvpVLqoqiGL-) Daily prayers and reflections.

## FAMILY ACTIVITIES

- **Strong Catholic Family Faith** <http://www.catholicfamilyfaith.org/new.html> Tips to help parents talk with children about the coronavirus, fun and educational things to do with kids at home and more.
- **Tiny Saints**  
[https://www.tinysaints.com/pages/activities?fbclid=IwAR3467fuS834ZkqTigpnx12plsP0xRbtu0l4zoG-KGH\\_0xWpGhEM0HveJxE](https://www.tinysaints.com/pages/activities?fbclid=IwAR3467fuS834ZkqTigpnx12plsP0xRbtu0l4zoG-KGH_0xWpGhEM0HveJxE) Free downloads and activities for families who may miss school, Mass and other events.
- **Faith@Home Bundle** <https://pastoral.center/faith-at-home-bundle> Pastoral Center (US)
- **CathFamily** <https://cathfamily.org/cathkids-faith-unlimited/>
- **Strong Catholic Family Faith** <http://www.catholicfamilyfaith.org/learning-the-faith.html>
- **TextWeek** [www.textweek.com](http://www.textweek.com) (Adults & Kids' Sections) Scripture based resources shared by different churches.
- **Sermons 4 Kids** [www.sermons4kids.com](http://www.sermons4kids.com) Scripture story reflections, activities such as colouring-in sheets. Shared by different churches.
- **Sunday Connection** <https://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection>. Gospel resources for children of different ages. Detailed Lesson Plans
- **JClub for Kids** <http://jclub.pauline.org/> Resources for kids and families. Stories, Activities, Media.
- **Young Catholic Mums** <http://youngcatholicmums.com/> Melbourne based. Resources for families.
- **Catholic Kids** <https://www.loyolapress.com/our-catholic-faith/family/catholic-kids> Prayers, stories, activities.
- **St Mary's Press** <https://www.smp.org/resourcecenter/> Reflections for young people and children, updated daily.
- **The Chosen YouTube Series.** <https://www.youtube.com/channel/UCBXOFnNTULFaAnj24PAeblg> Modern retelling of stories about Jesus. Free App stream <https://thechosen.tv/app>. Also, DVD and Blu-ray.
- **Jesus Film Collection** <https://www.jesusfilm.org/watch.html> Jesus' story in a full length movie and clips, including story of Jesus for children. Free App and online.
- **Busted Halo 2 Minute Videos** <https://bustedhalo.com/category/video> Choose '2 Minutes' videos and scroll down.

*Compiled by Father Joseph*