


## RESOURCES FOR PRAYER AND FAITH FORMATION AT HOME



**Prayer for Spiritual Communion**

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.

### Sacramental Prep

- Baptism
  - “Starting Point” (Dynamic Catholic)
    - Resources for [parents](#)
    - Resources for [parish leaders](#)
    - Comprehensive video-based baptism prep program.
    - Free videos. Additional resources available for purchase.
  - Choosing Godparents: Roles and Requirements
    - [Clip](#) from “Belonging: Baptism in the Family of God” (Ascension Press)
    - Free video addressed directly to Godparents, but also helpful for parents.
- First Communion
  - Watch a [video on the Eucharist](#) with your child and talk about what the Eucharist means to you with your child.
  - Prayer Activity: Family reads the [Sunday reading](#) and discusses what it means.
  - Have the child [fill out a saint card](#) for the saint they are named after.
  - Stuck at home? Have a [family Seder Meal](#) to help children understand the first Eucharist.
- Confirmation (Teens)
  - [Decision Point](#) (Dynamic Catholic)
    - Comprehensive video-based Confirmation prep program.
    - All digital. Free.
  - [The Wild Goose Series](#) (Ministry of the Wild Goose)
    - 14-part video series on the Holy Spirit. Free.
  - Ideas and resources for the corporal works of mercy
    - [USCCB](#)

- RCIA
  - [Symbolon](#) on Formed.org: make use of the appropriate episodes, or segments of them as needed, as a complement to meeting virtually on a web conference/phone call, or skype/FaceTime
  - The “[Men and Women of Faith](#)” series of options on Formed.org contains many short films on inspiring modern examples of heroic Catholics that could be a helpful boost to adults seeking confirmation, and an inspiration to go deeper in their relationship with God.
  - Have individual conversations on the phone/skype/facetime with participants
  - Scrutinies beginning this Sunday
    - Scrutinies that are missed can be celebrated all together at a Mass (on a Sunday or during the week before the Triduum) once the suspension is lifted.
    - Team RCIA [video](#): How to Celebrate RCIA Scrutinies and presentations during the coronavirus restrictions
- Adult Confirmation:
  - [Symbolon](#) on Formed.org could also be used, especially episodes:
    - [The Holy Spirit: The Life of Grace](#) – God’s divine life within us
  - [The Wild Goose Series](#) (Ministry of the Wild Goose)
    - There are many targeted episodes that could be chosen to watch and discuss.
  - The “[Men and Women of Faith](#)” series of options on Formed.org contains many short films on inspiring modern examples of heroic Catholics that could be a helpful boost to adults seeking confirmation, and an inspiration to go deeper in their relationship with God.
  - [Decision Point videos](#):
    - Session Intro Videos – can be used for adult audiences as discussion starters
  - Have individual conversations on the phone/skype/facetime with participants

### Grades 1,3,4,5

- Sophia Press [Sketch Pad Videos on the Sacraments](#)
  - Baptism, Confirmation, Eucharist, Confession, Marriage.
  - Free videos. Additional resources for purchase.
- Give parents access to on-line resources from your publisher (may require a password and username). Includes Sadlier, Our Sunday Visitor, Loyola Press
- If you do not have a textbook, offer a [parent guide to talk about Lent](#) with their child, or watch a [video on a saint](#)
- Lenten activities to do at home:
  - [From Catholicmom.com](#)
  - [From Thecatholickid.com](#)
- Prayer Activity: Family reads the [Sunday reading](#) and discusses what it means.
  - Here is a [video](#) for parents to refer to as an example for the 3<sup>rd</sup> Sunday of Lent.
- [Catholic Brain](#)
  - Now free for parishes and schools through Divine Mercy Sunday using code: divinemeracy20 (contact [Pete.Socks](#) with questions)

## Grades 6-12

- The Archdiocese of Denver has a sheet of [30 different “Family Questions” for dinner](#) (one a day for a month) which could generate conversation/sharing.
- “[The Bible Project](#)” videos (typically 5-8 minutes each) which are free and if watched together could also help both kids and parents. For these weeks in Lent, try out their “[Bad Word](#)” series.

## Mass

- Participate in Mass through Catholic TV broadcast:
  - [Schedule of Masses on Catholic TV](#)
  - [Ways to watch Catholic TV](#)
- Learn how to make a Spiritual Communion
  - [Information on making a Spiritual Communion](#)
  - [SED digital prayer card](#)
- Scrutinies beginning this Sunday
  - Scrutinies that are missed can be celebrated all together at a Mass (on a Sunday or during the week before the Triduum) once the suspension is lifted.
  - Team RCIA [video](#): How to Celebrate RCIA Scrutinies and presentations during the coronavirus restrictions

## Prayers and Devotions

- Consider viewing these [perpetual adoration chapels via web cams](#) as you worship Him at home
- [The Magnificat](#) – free online temporarily
- Consider a prayerful reflection on the [Mass Readings](#)
  - [Scriptural commentary](#)
  - [Lectio Divina instructions](#)
- Liturgy of the Hours
  - [Universalis](#)
- Rosary
- Divine Mercy Chaplet
- [Holy Heroes Stations of the Cross](#)

### **Solidarity Prayer for a Pandemic**

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 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 a quarantine at home  
remember those who have no home.

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 neighbors.

Amen.



SECRETARIAT FOR  
EVANGELIZATION  
AND DISCIPLESHIP  
Archdiocese of Boston