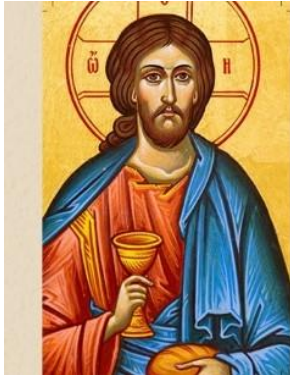


RESOURCES FOR PRAYER AND FAITH FORMATION AT HOME

Lent 2021



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.

Mass

- Participate in Mass through Catholic TV broadcast:
 - [Schedule of Masses on Catholic TV](#)
 - [Ways to watch Catholic TV](#)
 - [WatchtheMass.com](#)
- Participate in Mass through your local parish broadcast, if available:
 - Check for your parish at <https://www.bostoncatholic.org/livestream-masses>
 - Facebook Live – check your parish or collaborative Facebook page
 - Parish Website – check your parish or collaborative website
 - Local Cable Access – check with your local community access media
- Learn how to make a Spiritual Communion
 - [Information on making a Spiritual Communion](#)
 - [SED digital prayer card](#)

Prayers and Devotions

- [Hallow](#)
 - Catholic prayer app offering some free resources for users
- Adoration
 - <https://www.bostoncatholic.org/virtual-adoration>
- Consider a prayerful reflection on the [Mass Readings](#)
 - [Lectio Divina instructions](#)
- [Liturgy of the Hours](#)
 - [What is the Liturgy of the Hours?](#)
 - [A Beginner's Guide to the Liturgy of the Hours](#)
 - [Where Did We Get the Liturgy of the Hours?](#)
 - [Free PDFs of the Liturgy of the Hours from eBreviary](#)
- Rosary
 - [How to recite the Holy Rosary \(free printable PDF\)](#)
 - [The Family Rosary \(why is it SO hard?\) Video](#)
 - [A Rosary Companion – daily rosary podcast](#)
- Divine Mercy Chaplet
 - [How to Recite the Chaplet](#)
- Stations of the Cross
 - [Holy Heroes Stations of the Cross](#)
- [The Pope's Worldwide Prayer Network](#)

Adult Faith Formation

- [Godsplaining](#)
 - A Catholic podcast by the Dominican friars.
 - Join them each week as they muse on all things Catholic.
- [Nextstep from Evangelical Catholic](#)
 - Grow closer to God one step at a time
- [Ascension Presents](#)
 - Strengthen your faith, get answers to tough questions, and discover truth with these fun, informative, and relatable Catholic videos
- [Word on Fire](#)
 - Videos, homilies, articles, and podcasts available here
 - [Word on Fire Digital offers a 7-day free trial for those who want more Word on Fire content](#)
- [Discipleship Quads](#)
 - Grow as a disciple and form other disciples

Virtual Conferences

- Virtual Catholic Men's Conference
 - [February 19-21 2021](#)
- Virtual Catholic Women's Conference
 - [March 12-14 2021](#)

Sacramental Preparation

- Baptism
 - "Starting Point" (Dynamic Catholic)
 - Resources for [parents](#)
 - Comprehensive video-based baptism prep program.
 - Free videos. Additional resources available for purchase.
- First Communion
 - Watch a [video on the Eucharist with your child and talk about what the Eucharist means to you with your child.](#)
 - 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.](#)
 - [Blessed \(Dynamic Catholic\)](#)
 - 84 animated short films and free PDF downloads of student and leader guides
- 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/Zoom/Google Hangouts with participants
- Adult Confirmation:
 - [Symbolon on Formed.org](#) could be used, especially this episode:
 - [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/Zoom/Google Hangouts with participants

Grades 1, 3, 4, 5

- [Project Nazareth](#): free for parishes and families in the Archdiocese of Boston (\$40/family and \$500/parish for those outside the Archdiocese)
- Sophia Press Free [Sketch Pad Videos on the Sacraments](#)
 - Baptism, Confirmation, Eucharist, Confession, Marriage.
- [Brother Francis Videos](#)
- [Catholic Icing](#)
 - Weekly Mass Resources for Kids (When Attending Mass Isn’t Possible)
- [CatholicMom.com](#)
- [TheCatholicKid.com](#)



SECRETARIAT FOR
EVANGELIZATION
AND DISCIPLESHIP
Archdiocese of Boston