

Our Lady of Mt Carmel

Ideas for practicing Faith and Spirituality during Covid19

Pray and reflect upon the words of St. Francis de Sales

Do not fear what may happen tomorrow.
The same loving God who cares for you today
will care for you tomorrow and every day.
God will either shield you from suffering
or will give you unfailing strength to bear it.
Be at peace then,
and put aside all anxious thoughts and imaginings.

General Advice

- Given the current circumstances, there are still good spiritual practices and disciplines that we can undertake to grow in holiness. This is an important time to put our trust in the Lord.
- Each of us still represents the Church as a Catholic. We should be good examples to others and encourage fellow Catholics to continue practicing our faith.
- Check in frequently with family members and friends. Check with neighbors to offer help with shopping, cooking, yard work
- Maintaining body health is consistent with our faith. Take appropriate measures to protect personal health and the health of other people.

Maintain a Schedule

- Practice good self-discipline. Set daily goals or expectations.
 - Towards the end of each day reflect using a version of the five-step **Daily Examen** that St. Ignatius practiced. <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/>
1. **Become aware of God's presence.**
 2. **Review the day with gratitude**
 3. **Pay attention to your emotions**
 4. **Choose one feature of the day and pray from it**
 5. **Look toward tomorrow**
- Avoid squandering or wasting time when in its place we could do something worthwhile
 - Set aside a specific time or times each day to pray and offer devotions
 - Keep Sunday holy by live-streaming Mass if possible and/or doing at least some prayers and spiritual practices
 - Pray each morning and evening
 - Pray before and after meals

Pray at Home Resources

- **Masses** Keep in mind every Mass is a Mass for the salvation of the world, because every Mass is Christ's Sacrifice for all of us.
- Mt Carmel's Sunday 10am Mass <https://www.mtcarmelsb.com> We would like to encourage those who are joining us via Livestream, either individually or in a group, to share a photo of your participation.
- Pope Francis livestream daily Mass from Casa Santa Marta via the [Vatican News YouTube](#)
- Bishop Robert Barron's Daily Mass from his chapel in Santa Barbara <https://www.wordonfire.org/daily-mass/>

- CatholicTV has links for their own Daily Mass and Sunday Masses from the National Shrine and University of Notre Dame: www.catholictv.org/masses/catholictv-mass

Make a 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

Praying the Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen

Prayer Resources

- Watch Bishop Barron on the Coronavirus Quarantine https://www.youtube.com/watch?v=8_VjhBBqE5Y His YouTube channel has many other short videos that appear on this page.
- Give us This Day has made available free of charge a digital file of their rich daily prayer and reflection guide which includes the daily Mass prayers and readings as well as morning and evening prayers and Saint of the day. <https://giveusthisday.org/digital>
- Read or listen to the Daily Readings on the USCCB site <http://www.usccb.org/bible/>
- Novena to the Sacred Heart online <https://novenas.sacredspace.ie/novena-to-the-sacred-heart>

Continue Lenten Practices

- Family Holy Week sites: youthministry@la-archdiocese.org Let's celebrate Holy Week as a community FROM HOME customerservice@holyheroes.com
SundayConnection@loyolapress.com teachers@sophiainstitute.com
- Stations of the Cross. Traditionally done on Fridays during Lent, but can be done anytime. Pray as a family or individually at home.
<https://www.ecatholic2000.com/liguori/stations/cross.shtml>
- Meatless Fridays
- Fasting on Good Friday, April 10.

Reading Scripture

- In addition to the daily Mass readings, read passages from the Gospels about Jesus healing the sick. Healing was an important part of Christ's public ministry.
- Matthew's Gospel has many accounts of Jesus healing those in need.