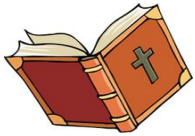


OUR LADY OF LOURDES HARPENDEN

COVID -19 SUGGESTIONS

MASS READINGS



If you would like to have the readings for Mass, you will find them at:

<https://www.universalis.com/mass.htm>

and <https://us.magnificat.net/free>.

SPIRITUAL COMMUNION

In the present circumstances, when not everyone can receive Holy Communion, a Spiritual Communion can be made'.

Set aside some time either alone, or better with your family. Turn off the tv or radio.

Firstly: Make the sign of the Cross.

Then: Make an act of Contrition.

Then say: *My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.*

Finish by making the Sign of The Cross

As lockdown continues, the following suggestions may be of help for reflection, for adults and children:

'THE GOD WHO SPEAKS'

In this time of pandemic when we can't reach out to the Sacraments, we can always reach out to the word; and indeed it is through the word that the Word is always reaching out to us, even in the darkest and most challenging of situations. 'The God Who Speaks' website continues to provide a range of information, ideas and resources encouraging a greater exploration of Holy Scripture, including: Word at Home - ideas to help you create a prayerful, scriptural and reflective time at home.

'TOP TENS' - from parables to paintings, from animals to films, the 'Top Tens' features creative ways to help us engage with Scripture.

WORD 3600 - Prayers, thoughts and resources for

Celebrating, Living and Sharing God's Word in today's world.

To view these and other resources provided by CBCEW in partnership with the Bible Society, see the regularly updated 'The God Who Speaks' website:

<https://www.godwhospeaks.uk/>

FAMILY EXAMEN - a prayerful way for a family to look back together on their day:

<https://pray-as-you-go.org/player/prayer%20tools/anexamenforthefamily>

MARRIAGE ENCOUNTER - A short reflection on nurturing good communication in this time of confinement:

<https://rcdow.org.uk/diocese/marriage-and-family-life/news/how-to-grow-your-relationship-under-lockdown/>

FOR THE CHILDREN

For families with children of primary school age Top Ten Resources has been created to help enable Sunday prayer and worship during the period of church closures.

<https://www.tentenresources.co.uk/primary-subscription/prayers-for-home/dailyprayers-for-home>

Other resources include 'Wednesday Word', and offers activities that families can do at home: <http://www.wednesdayword.org/>

CAFOD also offer suggestions for marking Sundays:

<https://cafod.org.uk/Education/Children-s-liturgy>