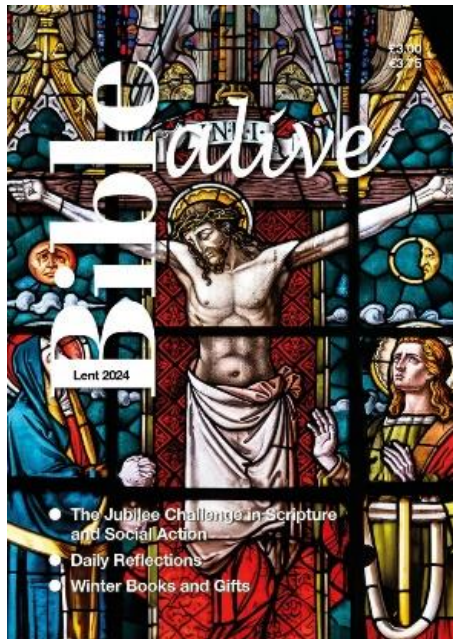


Spirituality on the Go for Everybody for Lent and beyond

By Peter Godwin, St. Barts Spirituality Group

A few weeks ago, we distributed a free copy of Bible Alive containing Lenten readings



Great if you have been reading it but paper copies may not work for you. There are so many great apps which you could try on your smart phone, giving the Bible reading and thoughts for the day, prayers and much more. You could access them on your home computer but it's much more convenient on your phone, wherever and whenever you like. Most are free. Here is my selection. Take your pick.

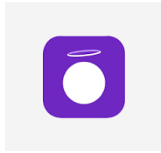
Bible Alive website: <https://alivepublishing.co.uk/>



Universalis

Comprehensive app. that gives the text of the daily Mass and the Liturgy of the Hours. Requires one-time payment of £9.99. Easy to use. Excellent value. I regularly use this.

Website: <https://www.universalis.com/Europe.England.Westminster/today.htm>



Hallow

Very popular app for helping with prayer, meditation and study. It encourages you to personalize; set your own routines and goals. The velvety voices and soothing music can be varied according to your choice. Many use it to relax and go to sleep. It also includes the well-regarded podcasts “Bible in a year” by Fr. Mike Schmidt. About a third of the massive content is free and this may be enough for you. Otherwise £7 per month or £51 per year

Hallow website: <https://hallow.com/>



Amen (Catholic Bible and Prayer)

Free app from the Augustine Institute (publisher of Catholic catechetical material) that gives daily readings, prayers, novenas and daily rosaries. Links through to themed content e.g. sleep, spiritual growth, anxiety, mercy etc. The soothing music and earnest American voices may not suit everyone. This is a good resource and worth downloading. Lots of possibilities.

Amen website: <https://amenapp.org/>



Laudate

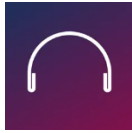
A comprehensive popular free app. In many languages with prayers, meditations, daily Bible readings, Liturgy of the Hours, Vatican documents. It is mainly useful as a reference source rather than for daily prayer. Presentation is a bit clunky in comparison to Amen and Hallow.

Laudate by Aycka Soft, does not have a web site and is available only in the form of a mobile device app:

Laudate for Apple iPhones and iPads: <https://apps.apple.com/us/app/laudate-1-catholic-app/id499428207>

Laudate for Google Android smartphones:

<https://play.google.com/store/apps/details?id=com.aycka.apps.MassReadings&hl=en&gl=US>



Pray as you go

Free app. which gives a daily prayer, scripture readings and inspiring music/song which follow the seasons. Compiled by Jesuits and other experts using the spirituality of St Ignatius Loyola. Format for the day lasts under 15 minutes and gives time for reflection. Simpler than other prayer apps with about 20% of content of Hallow or Amen, it may suit you very well.

Website: <https://pray-as-you-go.org/>



Christian Art

Free. Daily Gospel reading with a reflection on this linked to a piece of art. A brilliant combination. Love this. It is written by Fr. Patrick van der Vorst, Parish Priest in Pimlico. He used to work for Sotheby's so his insight into art is amazing and his commentaries on the daily reading are really excellent.

Website: <https://christian.art/>

Peter Godwin in monk's costume. I also curate blogs (simple web sites) about Baroque Churches <https://baroquechurch.blogspot.com> and Medieval Monks focusing on St Albans - <http://monkeybusiness.blogspot.com>

