

# Online Resources for Practicing Our Catholic Faith at Home



\*Please see the last page for a guide and making an Act of Spiritual Communion

## ⇒ LiveStream Masses

<https://trentonmonitor.com/Content/Default/Coronavirus/Article/Local-parishes-televisе-livestream-broadcast-Masses/-3/298/22775>

This link is provided by our Diocese and offers links to televised Masses both in and outside our Diocese.

## ⇒ Heart of the Nation

<https://www.heartofthenation.org/>

Heart of the Nation produces and televises weekly Sunday Mass nationwide, providing compassionate spiritual care for Catholics unable to participate in holy Mass at a parish. From the main page of the site, you can search for televised Masses nationwide, pray the rosary, submit prayer intentions, and more.

## ⇒ Daily Readings for Mass

<http://www.usccb.org/bible/>

This is a link to the United States Conference of Catholic Bishops web site, where you can find the daily readings, audio versions of the readings, video reflections on the readings, and more. You can also subscribe to the daily readings to receive an email each day with links to the readings and related resources. To subscribe, go to this link:

<http://www.usccb.org/subscribe/daily-readings-email-subscription-form.cfm>

⇒ **Pray the Rosary Online**

<https://therosary.online/>

From Saint Pio Media, this site offers videos to pray along with as well as *Continued...* reference guides for how to pray the rosary as well as the prayers.

⇒ **The Rosary from Catholic TV**

<http://www.catholictv.org/shows/the-rosary>

Pray the mysteries of the rosary with Bishop Robert Reed each day of the week in beautiful Catholic locations around the world.

Episodes featuring Cardinal Sean O'Malley and Archbishop Robert Carlson also air as part of The Rosary on CatholicTV.

⇒ **Loyola Press – 3-Minute Retreats**

<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer>

3-Minute Retreats invite you to take a short prayer break right at your computer. Spend some quiet time reflecting on a Scripture passage. You can sign up for their email list so that links to the retreats can be sent to you daily. You can also download an app so that you can experience the retreats via your mobile device.

⇒ **Keeping the Faith Amid Covid-19 – Our Sunday Visitor**

<https://reply.osv.com/covid-19>

OSV offers a free newsletter, sent to you via email (you can sign up at the link). Every day, you'll get a list of stories from OSV and beyond to help keep you mentally and spiritually grounded during this time of uncertainty. Other resources are included, such as virtual retreats, videos, and more.



# How to make an Act of Spiritual Communion

provided by **STARTUP CATHOLIC** | **SC**

- 1 Make the Sign of the Cross**
- 2 If possible, read the Mass Readings**
- 3 Recite the Prayer of Spiritual Communion**

[usccb.org/  
readings](https://www.usccb.org/readings)



ST. ALPHONSE M. DE LIGUORI

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