

## Resources You Can Use

March 18, 2018

Beloved parishioners of Assumption, Sacred Heart and St. John Neumann,

As promised, here are some online resources and ideas you can use to maintain--or maybe even grow--your faith during these extraordinary times.

**FORMED.ORG** – this free resource has over 4,000 titles including movies, bible studies, talks, stories of the saints and devotionals. Instructions to access for free under our parish account can be found at <https://bellworthparkcc.org/formed>

**NEW – Bible Study Webcasts.** Lale Virostek and Gary Fritsch conduct Bible Studies each week, and starting this week, will be taking them on-line using ZOOM. You can join from your laptop, desktop, or smartphone. We will make recordings from the sessions available at: <https://bellworthparkcc.org/Bible>

- **HeBrews AM – Gary Fritsch** - <https://zoom.us/j/580587992>. **Thursdays at 8:00 AM** – An historical/ cultural look at the Sunday readings for men.
- **Sunday by Sunday – Lale Virostek** - <https://zoom.us/j/242516226>. **Thursdays at 10:00 AM** “SEE” what the Sunday readings tell us this week. “To see” has so many meanings, now and in Jesus’ time. Join us, explore Jesus’ healing and how we can see better.
- **Jesus Christ, King of the Jews – Gary Fritsch**- <https://zoom.us/j/952770595>. **Thursdays at 7:00 PM** - Understanding Jesus' life and teachings through the ancient Jewish culture underlying the Sunday readings. Includes excerpts from Gary's pilgrimage to the Holy Land.

**Prayer Practices** – Prayer is our greatest weapon and consolation. Here are just a few suggestions of some new things to consider if you find yourself with time and a need for consolation.

- **The Liturgy of the Hours** – This is the traditional prayer of the church that is prayed by all clergy on a daily basis and prayed prior to many daily masses. It is a combination of Psalms and other readings that changes from day to day in a 4 week cycle. It takes about 10-15 minutes to complete. You can choose to observe any single or combination of the 5 prayer times. Morning, Mid-Morning, Mid-Day, Evening or Night prayer. You can use an e-version of this call ibreviary that can be found in the app store or on-line at <http://www.ibreviary.org/en/>.
- **Pray with Scripture** – Scripture allows us to be consoled by the Voice of God. If you know how your feeling, but not where to start, you could try the attached Bible ‘emergency numbers’.
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We will be sending additional communications over the coming days as more programs and resources go online.

The latest information will always be available at <https://bellworthparkcc.org/coronavirus>.