

April 5, 2020

Turn Off, Tune In

The non-stop deluge of information from our secular media sources continues to be depressing and divisive, seemingly all focused on the Covid-19 pandemic. It is overwhelming. With social distancing rules extended, it can be difficult to escape and find peace to concentrate on other matters in our lives.

This is an opportune time for us to turn off the television, log out of social media, and unite together as one family in faith. The good news is that we can find solace and peace through other means and media. We can offer prayers, participate in Mass and other services remotely, and read scripture.

- There are many other options to practice our faith, including:
- The USCCB publishes daily Mass Readings at <http://usccb.org/bible/readings>. You can subscribe to receive them via email each morning. The USCCB also offers a multitude of other resources to strengthen and deepen our faith.
- EWTN tv: broadcasts Mass daily, provides Live Eucharistic Adoration and other Catholic programming throughout the day.
- Catholic Radio offers words of comfort, hope and promise. In our area, there are several options including: 1260 AM, 89.3 FM WFJS: Domestic Church Media proclaims the joy of the Gospel through daily Mass, talk shows and listener call in shows
- 640 AM Relevant Radio: daily Mass, news from a Catholic viewpoint, lessons in faith Star 99.1 FM: Contemporary Christian music
- Internet options include signing up to receive updates from Catholic Vote at <https://catholicvote.org/> or New Jersey Right to Life at <https://njrtl.org/>.

Turn off, tune in and take advantage of the opportunity to reconnect and strengthen your faith when we need it most.