

COVID-19: *Soul Food for Social Isolation*

Some on-line resources to help keep us connected, reflective and hope-filled



Mary MacKillop Precinct Adelaide

STATIONS OF THE CROSS ...

- **Passionist Community at The Monastery, Glen Osmond:** pre-recorded 2020 Stations of the Cross. YouTube <https://www.youtube.com/watch?v=I26jKw-KHwM&feature=youtu.be>
- **Pray As You Go:** Podcasts <https://pray-as-you-go.org/article/stations-of-the-cross>
- **Catholic Relief Services:** Printable sheets <https://www.csricebowl.org/wp-content/uploads/2017/10/17US676-Stations-of-the-Cross-ENG.pdf>
- **Laudato Si Stations of the Cross (Columban Fathers)** Printable sheets <https://www.columban.org.au/catholic-mission-files/pdf/educational-resources/lent/laudato-si-stations-of-the-cross.pdf>

OTHER RESOURCES ...

- **Inspiration from Mary MacKillop:**
 - Little Brown Book:*** Printable sheets <https://www.sosj.org.au/our-foundress-mary-mackillop/inspiration-from-mary/page/2/?keyword=Little%20Brown%20book>
 - MMK: A Window of Hope for our World:*** Printable sheets <https://www.sosj.org.au/our-foundress-mary-mackillop/inspiration-from-mary/?keyword=Window+of+hope>
- **Pray as You Go (English Jesuits)**
<https://pray-as-you-go.org/>
OR ... Download the App for your smart phone/i-pad/tablet
 - 12-13 minute audio reflection (podcast) on daily scriptures
 - 'Pray as You Stay' – prayer support for those in COVID-19 social isolation
 - Prayer tools
 - Mental Health Awareness Exercises
 - Journeying with Jesus - Lent 2020
 - How to Pray with Lectio Divina
 - Stations of the Cross
- **Sacred Space (Irish Jesuits)**
Reflection on each day's Gospel: <https://www.sacredspace.ie/daily-prayer>
- **Living Gratefully** (even in the time of the Corona Virus!)
<https://gratefulness.org/>
- **Mindfulness and Self Compassion**
<https://positivepsychology.com/mindful-self-compassion/>
- **Managing Coronavirus Anxiety** (St Luke Institute USA: 8 minute video)
<https://www.sliconnect.org/managing-coronavirus-anxiety/>
- **Columbans:** Provides links to other websites: <https://www.columban.org.au/media-and-publications/articles/features/2020/holy-mass-webcast-and-other-online-prayer-resources>

"God will carry you safely through every struggle."

Mary MacKillop 1870