



UNITED IN
Christ

During the weeks that Masses are suspended there are many ways that Catholics can Worship God and Practice their Faith:

- Spend time with the Scriptures both as individuals and as a family. Catholics can find the Sunday and Daily Mass Readings online at USCCB.org in both written and audio form.
- Use your normal worship time to practice a more contemplative way of praying through *Lectio Divina* which is simply meditating on or contemplating the texts of Holy Scripture, allowing them to lead you to deeper prayerful communion. [Click here for suggestions.](#)
- Expand your repertoire of prayer to include prayers of adoration, contrition, thanksgiving and supplication. Often times in our prayer life we get in a rut. By developing other ways of praying can help awaken our spiritual life. [Click here for suggestions.](#)
- Parish groups can make use of social media to gather virtually for prayer, the rosary or the Liturgy of the Hours.
- Individuals and groups can worship God by performing the Spiritual and Corporal Works of Mercy and other acts of charity. Parishes can coordinate opportunities to do this safely so that those isolated by the threat of the coronavirus can feel the loving fellowship of the Christian Community.
- Rather than hoarding essential items, families and neighborhoods organize ways of looking out for others and sharing what is needed.
- One can pitch in to make the work of keeping the home or workplace sanitized and safe for all.
- Consider what safe and practical things your parish can do to help a local homeless shelter or nursing facility. For example, arranging to drop off essential supplies for the homeless shelter or organizing phone calls or greeting cards to residents in nursing facilities that are on lock-down and may feel isolated.
- Encourage those in your household and social circle to observe public health guidance and promote a spirit of hope and calm rather than withdrawing into individualism or desolation.

Celebrate the gift of God's Grace—Let your Faith be Visible in Words and Deeds