

Support Materials in Times of COVID and Beyond Prayer, Worship and Liturgy



The first task in life is this: prayer. But not the prayer of words, like a parrot; the prayer of the heart: gazing on the Lord, hearing the Lord, asking the Lord.'

Pope Francis

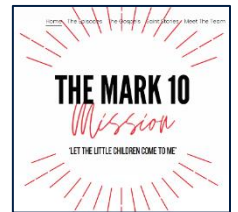


Resources

Mark 10 Mission

For worship based on the weekly Gospel in Autumn 2021 click [here](#).

For resources on saints which link with the liturgical year click [here](#).



CAFOD resources



Resources Collective Worship based on the Sunday Gospels can be found [here](#)

For prayers, liturgies and reflections click [here](#)

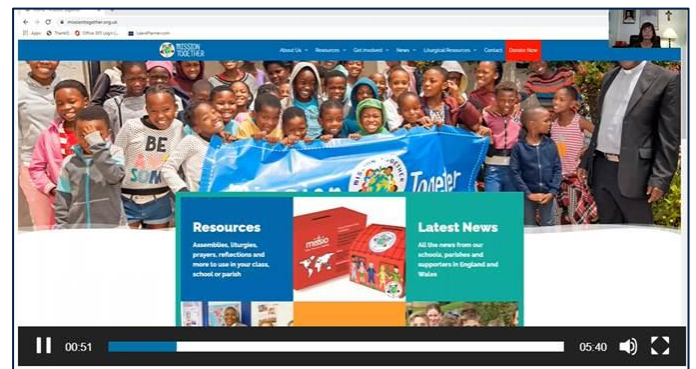
For short video prayers for children see [here](#)

For resources to support pupil-led collective worship see [here](#) and [here](#)

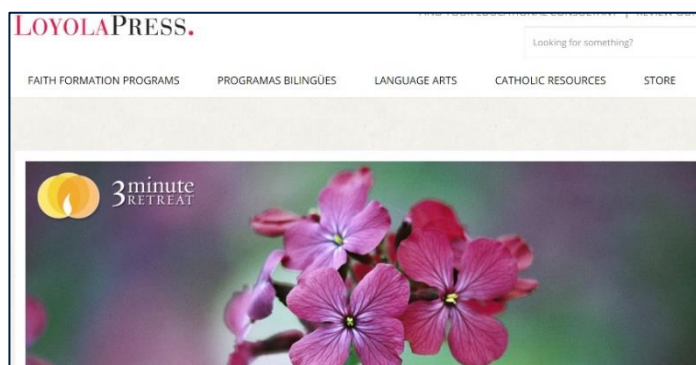
Information for the online assembly on Harvest on 16th of Sept is [here](#)

Mission Together

Various prayer and liturgy resources have been created for each month/season during the liturgical year see [here](#). For prayer resources see [here](#).



3 Minute Retreats by Loyola Press



Find a daily retreat here or subscribe so that you are sent one every day. Look at the archives or search for one on a particular theme to suit your needs see

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

Guided Meditations/Visualisations

For examples, see those created by The Good Shepherd Primary in Hammersmith [here](#)

For more information and guidance on leading imaginative prayer see [here](#)



Lectio Divina



A simple explanatory video by St Mary's Press for staff/pupils/parents see [here](#)

For more information to build up own understanding from Busted Halo see [here](#)

There are some Lectio/ Visio Divina resources from CARFLEO, a Catholic Canadian website [here](#)

Rosary

For PowerPoints on each decade created by Westminster Education Service which you can amend to suit your setting see [here](#)

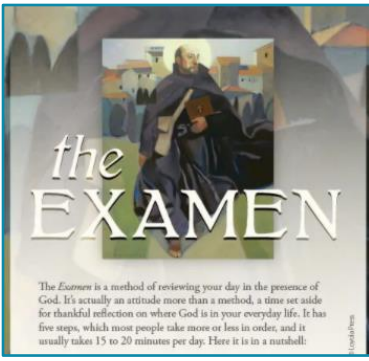
For creating ways of engaging with the Rosary from Loyola Press click [here](#)



Pope Francis Five Finger Prayer

A prayer for all those in our community using our fingers. It can be used at home or school or for independent use for those of all ages. For various examples of visuals and videos for use with children see [here](#)

Examen



For a free, ready-to-use short video for use at home/in school see [here](#)

For use with pupils/teachers, see this short video [here](#)

A daily Examen for families click [here](#)

For a prayer card to share with pupils:

<https://www.ignatianspirituality.com/wp-content/uploads/2019/06/Examen-Prayer-Card.pdf>

Sung Prayers



For a variety of free sung prayers (with lyrics and appropriate artwork) that can be used for Christian prayer and worship see [here](#)

Christian Art

For free artwork and a reflection linked to the Gospel of the day which can be used for daily prayer with pupils, staff or parents, subscribe for free by clicking [here](#)



Bible Society



For free resources on the Bible for The Year of the Word and a virtual prayer tree see [here](#)

Christian Meditation

For weekly videos for primary and secondary settings see [here](#)

Information on Meditation with children can be found [here](#)



Westminster Education Service

Various PowerPoints and resources have been created to support schools with teacher and pupil-led prayer and liturgy. See [here](#) and [here](#).

Prayer and liturgy in classrooms and schools will vary as prayer and liturgy in the Catholic tradition is rich and diverse. The essential premise remains the same ... to provide pupils with meaningful opportunities to share in prayer together. The resources above (which are mainly free, user-friendly and easily accessible) can support staff with ensuring that prayer and liturgy are meaningful and valuable to the whole community, in time of social distancing and beyond.

Spirituality Days/Retreats

Staff or pupil could have a virtual retreat (eg One Life Music)

VIRTUAL RETREATS



Exciting pre-recorded school-based retreats. Designed to celebrate faith in school!

Virtual Retreats for Pupils.

Experience the gift of retreating as a community of faith, through sharing, prayer, song, sign language, and more, all written, recorded and provided for you by OneLife Music.

A retreat for the whole primary school: Celebrating that in God's eyes we are all unique and valuable.

- Liturgies and songs have been recorded for the children.
- Dan and Emily share their thoughts and ideas with their sharing films.
- Carefully structured class activities for KS1, Upper and Lower KS2.
- Children work with their teacher to explore the retreat's message.



Twilight Reflections for Staff and Governors.

Exploring the themes of Autumn, Advent, Lent and Summer, these reflections require very little preparation from school. OneLife Music has prepared everything for you.

The course platform guides you through each section allowing participants to simply stop for an hour of community reflection, prayer and wellbeing.

Dan and Emily are already very well known for their visits to schools across the Midlands since 2010 and are now excited to be using their wealth of experience to create wonderfully tailored virtual retreats for the school setting.

Click [HERE](https://onelifemusic.co.uk) to discover more about our virtual retreats. [onlifemusic.co.uk](https://onelifemusic.co.uk)



The Nottingham Catholic Youth Service has relevant and innovative resources and materials to support the liturgical year for both primary and secondary schools. See [here](#) for new and inspirational resources to use with young people in the time of Covid.