

Resources for the Young People

<u>LifeTeen YouTube Channel</u>	This channel has a variety of styles of videos from the profound to the funny that meet Catholic young people where they are. Each Wednesday there are new videos and they host a live-streamed digital small group called Lecito Live on Wednesdays at 6p EST.
<u>LifeTeen Blog</u>	This is a blog containing a wide variety of articles speaking directly to the needs, questions, and spiritual life of young people.
<u>Real Life Catholic</u>	Real Life Catholic is a site that has free videos, audio materials, and blogs about living out your Catholic faith. Real Life Catholic was founded by Chris Stefanick.
<u>Ascension Press YouTube Channel</u>	This channel has great videos that explain the Catholic faith. One of the most popular presenters on this channel is Fr. Mike Schmitz.
<u>Busted Halo Videos</u>	Busted Halo is a unique media resource that utilizes a relevant and accessible voice to help people understand the Catholic faith, put it into practice in their everyday lives, and share it with others.

Resources for Families

<u>Family Sedar Meal</u>	The primary aim of the Seder is to transmit to future generations the story of the Exodus, the central event in Jewish history. Ideally, a family gathers around a table in its own home to celebrate the Seder, sharing in a meal which symbolizes their consciousness as a people and their faith in the future. The Exodus story pertains to all persons, since it tells of the right of all persons to be free.
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<u>Catholic Icing</u>	Fun resources both online and printable for preschoolers and elementary school students. Many creative ideas to fight the boredom and also learn more about God!
<u>Worship @ Home</u>	It is an online resource to help families with children pray together at home while we are unable to gather for Sunday Mass. It is based on and inspired by Sunday Celebrations in the Absence of a Priest: Leader's Guide (promulgated by the U.S. Bishops) and the Directory for Masses with Children (from the Congregation for Divine Worship).
<u>Conscious Relaxation: A Family Activity</u>	Loyola Press shares how to take a few moments with your family.
<u>Coronavirus Response Lesson</u>	This Coronavirus Response Lesson helps educators, catechists, or parents discuss the COVID-19 virus with children and teach them valuable skills. This lesson offers prevention and mitigation techniques based on the Centers for Disease Control and Prevention guidance and includes a faith component to remind children of God's unconditional love for them.
<u>Catholic Family Resources</u>	Articles and activities from Loyola Press for kids and teens.
<u>4 Catholic Educators</u>	A wealth of lesson plans, worksheets, activities, and more for a variety of religious lessons.
<u>Catequizem</u>	Test your knowlede of the faith from your family room.
<u>Illustrated Ministry</u>	Coloring pages, crafts, and more for family faith formation.
<u>Corona Virus and Childhood Anxiety</u>	In light of the present difficulty, here is an excellent link on the coronavirus and anxiety in children and the church that can be shared with the families.

<u>Alphabits</u>	<p>Activities and ideas for parents and children from birth to age 9. The purpose of the project is to help parents understand their roles as “first teachers in the ways of faith” (footnote to Catholic Rite of Baptism).</p>
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Resources for Spiritual Growth	
<u>Diocese of Greensburg Website</u>	<p>This is the official website for the Diocese of Greensburg where you can get the latest updates as we navigate these uncharted waters.</p>
<u>Diocese of Greensburg Catholic Accent & Social Media</u>	<p>Please share these social media sites with your families. Links are located at the bottom of the Catholic Accent Page. The most up to date information as well as live streaming of Mass each day, Stations on Fridays, and family prayers will be regularly posted.</p>
<u>Online Catholic Mass</u>	<p>Daily Mass will be Live on Facebook Everyday. Sunday Mass will be on Facebook.</p>
<u>Making a Spiritual Communion</u>	<p>This article explains why and how to make a spiritual Communion.</p>
<u>Daily Readings</u>	<p>The USCCB website containing the Daily Readings.</p>
<u>Going Deeper in Prayer (Adults)</u>	<p>“Going Deeper in Prayer” is a new initiative from the Diocese of LaCrosse, WI for individual adults, including 2 aspects: 1) different Prayer Cards with Resources and 2) Sessions on “How God Guides Us.”</p>
<u>Going Deeper in Prayer (Parents and Young People)</u>	<p>“Going Deeper in Prayer” is a new initiative from the Diocese of La Crosse. Parents may scroll down to the pertinent grade levels for Prayer Cards and Resources. There is A Specific Focus on One Prayer for each Grade Level</p>

<u>The Face of Prayer</u>	"The Face of Prayer"® exists for those in need of prayer, healing, and answers. This is a partnership between the Diocese of Bridgeport and the Mater Ecclesiae Foundation.
<u>Light a Candle Online</u>	Light a digital candle & share your prayer intentions from home.
<u>Liturgy of the Hours</u>	Here you will find morning, daytime, evening & night prayers online.
<u>Hallow App</u>	A prayer and meditation app based on Sacred Scripture, the saints, and Catholic Prayers.
<u>Virtual Stations of the Cross</u>	Presenting the traditional devotion in a virtual way to help you reflect on the mystery of Jesus' death and what it still means to us today
<u>24 Hour Eucharistic Adoration Live Stream</u>	24/7 Live Perpetual Adoration hosted by Our Lady of Guadalupe Catholic Church in Doral, FL
<u>Resources for Spiritual Communion</u>	Ave Maria press has made available many resources to help during this time when we are unable to attend Mass. Information on Spiritual Communion, listing of online Masses, Reading and Gospel Commentaries, and much more
<u>3 Minute Retreat</u>	3-Minute Retreats invite you to take a short prayer break right at your computer. Spend some quiet time reflecting on a Scripture passage. Knowing that not everyone prays at the same pace, you have control over the pace of the retreat. After each screen, a Continue button will appear. Click it when you are ready to move on. If you are new to online prayer, the basic timing of the screens will guide you through the experience
<u>Holy Week in Three Minutes</u>	Why do Catholics wave palms on Palm Sunday, wash each other's feet on Holy Thursday, or kiss the cross on Good Friday? Busted Halo explains the significance of the final week we spend preparing for Easter.

Resources for Adult Formation

<u>United States Conference of Catholic Bishops Video Series</u>	Offers videos on a variety of topics, such as faith life, marriage, faith formation.
<u>Word on Fire YouTube Channel</u>	This channel contains in depth content about the Catholic faith presented by Bishop Robert Barron.
<u>My Catholic Life</u>	Presents the beauty and splendor of the Catholic faith in a down-to-earth and practical way. Enjoy daily reflections, Q&A, online books, prayers, inspiring quotes and more.
<u>Wild Goose Video Series</u>	A 14 part video series on discovering a deeper relationship with the Holy Spirit. The Wild Goose was a term that the ancient Celts had for the Holy Spirit and apart from the Wild Goose there is no life. This series is an invitation to join Fr. Dave Pivonka, TOR on a journey led by the Holy Spirit.
<u>Online Marriage Retreat</u>	Watch together with your spouse 4 short videos about the virtues that help us keep sanity in our life: Prudence, Justice, Courage, and Temperance. These habits help you mature as persons, grow in holiness, and strengthen your marriage.
<u>Creighton University Daily Refelctions</u>	Reflections on the Daily readings by Creighton University faculty, staff, and administrators.
<u>U.S. Catholic Catechism for Adults</u>	This is a great resource for adults who wish to keep up on their own formation.