



Devotional sites and apps

Bread 4 Today: <https://www.cssr.org.au/bread4today/>

This daily reflection app is produced by the Redemptorists, Australia, New Zealand and Samoa

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

These brief but thoughtful virtual 'retreats' are based on the lectionary and are produced by Loyola Press, a ministry of the Jesuits in the United States. They are available online or as an app on your phone.

Sacred Space: <https://www.sacredspace.ie/>

The Irish Jesuits have been producing the popular Sacred Space daily prayers and reflections for more than twenty years, and they are now available as a convenient phone app.

An Act of Spiritual Communion

The simple and loving act of Spiritual Communion (written by St. Alphonsus Liguori) can be made when we are unable to attend Mass and receive the Eucharist. Pray these words:

**My Jesus,
I believe that You are in the Blessed Sacrament.
I love You above all things, and I long for You in my soul.
Since I cannot now receive You sacramentally, come at least spiritually
into my heart.
As though You have already come, I embrace You and unite myself
entirely to You;
never permit me to be separated from You.**

Amen.

Prayer to St Joseph

St Joseph,

**You were receptive to God working in your life.
Help us by your prayers at this time of trial.**

**You kept Jesus and Mary under your watchful care:
may your prayers assist our local Church to respond to those in need.**

**You taught the Christ Child your trade and prayers:
help us to follow his example of love.**

**You were part of God's plan for all humanity:
assist us to be vigilant and responsible this day.**

**You spent your life in service:
may we be mindful of others, particularly the elderly and vulnerable,
caring for them in these difficult days.**

**You trusted in the clear primacy of God over all history and every
situation: help us to grow in faith and pray to the Father,**

Thy will be done.

Amen

A Prayer for Healthcare Workers during this time of the Coronavirus COVID-19

**Loving God,
we place into your care
all our doctors, nurses and healthcare workers.
Give them courage of heart
and strength of mind and body.
Keep them safe from harm.
May they know our deep gratitude
for all they are doing
to heal and help those affected by
the coronavirus.**

**God of all consolation
may they know your protection and peace.
Bless them in these challenging days
and bless their families.
Amen.**