



## DISCIPLES ON THE WAY

### Spiritual Support During the COVID-19 Outbreaks

#### PARISH OVERVIEW

- **PRAYER:** [www.catholic.org](http://www.catholic.org)  
Over and over we hear in the Bible the words of Jesus “do not be afraid” (Mark 5:36). Prayer helps us to put our worries and anxieties in perspective and connects us as a Catholic people to God our Father and to each other. During this time, spend some extra time in prayer.
- **FOCUS ON THE WORD:** [www.usccb.org/bible/readings](http://www.usccb.org/bible/readings)  
The Word of God is the Word of Life. Encourage your parishioners to develop the habit of reading the Scriptures on a daily basis. Encourage them to practice lectio divina, which is the ancient art of prayerful and contemplative reading of the Bible.
- **THE MASS:** The Mass is the source and summit of our Catholic faith. It is our best spiritual nourishment during times of crisis. As many parishes enact policies to limit social contact, livestream options where you can watch the Mass are one way that you can participate in the Mass remotely.
- **GIVING:** Many parishes operate with slim budgets and coordinate essential services for us such as funerals, First Communion celebrations, baptisms, and weddings. Continue your giving during this time, either by mailing in your donation to the parish or exercising an online giving option if available.
- **REACH OUT SAFELY:** The Catholic Church is an important source of support for those who are struggling, marginalized, and vulnerable. As disciples, we are called to reach out to those who need help and support. As we practice social distancing during this time, call elderly neighbors, those who are lonely, and families with young children.