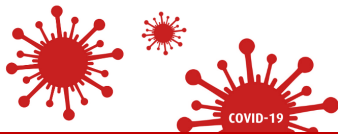


PRAYER

*For those affected by disease
We pray for those suffering from
the Coronavirus illness and those
working to help them*

*Merciful God,
come to the help of your people.
Be our shelter in these difficult times
and make us stronger
in body and mind.*

*Bring healing to all who suffer
from the Covid 19 virus
and be with those
who are working hard to stop the spread
of this disease.
Through Christ our Lord.
Amen.*



SDC is a Catholic organization that works in the field of catechesis within Catholic Parishes. It was founded in 1907 by St George Preca.

For more information or to download resources for parish or school catechetical programmes visit our website www.sdc.me.uk.

SDC, 38 Ryefield Road,
Upper Norwood, London SE19 3QU.



GO ONLINE ...

Connect and pray

Visit the **Pray** page on
our website

sdc.me.uk/pray



for prayers on a wide range of
intentions or download our
Prayer Booklet from
sdc.me.uk/prayerbook



For ideas about supporting
children visit

teachingcatholickids.com

Visit www.catholiccentral.com
for a range of entertaining
and inspirational **video clips**
about so many ideas and
truths of our Catholic faith.



Visit www.catholic-kids.com
for traditional Catholic Prayers.



And many more

PRAY REFLECT LEARN



A time to ... **REFLECT, PRAY, LEARN**

During this time of the Covid-19 pandemic when many of us are spending more time at home, we still need to remember our duties as Christians and spend **time in prayer**.



We can do this **on our own** or **as a family**. This flyer is intended to give you some **ideas** how to do this.



There are so many things we can pray for. We pray for **ourselves** and our **families**, we pray for **those who are ill** at home or in hospitals; We pray for those who are **working** and volunteering as key workers and all our **other needs**.



Apart from spending time in prayer, also remember that there are many opportunities where you can **reflect, pray and learn** by using **online resources** and **Catholic websites**. Some examples are suggested in this flyer.

PRAYER IDEAS

*Explore other ways to
PRAY, REFLECT, LEARN*

Read a paragraph or two from the



BIBLE.

Think about what is God trying to say to you in that reading.

Use a **picture** that speaks to you of God's love and care. These can be

paintings of Jesus or Bible scenes by different artists or even **photos** of scenery

that inspires you or pictures of something in God's wonderful creation.



Listen to some **Christian music**.

There is a wide range of **hymns** or other **songs** you can find online.

Reflect on the lyrics. Are there any key words that touch you?



PRAY THE ROSARY

Mary's favourite prayer

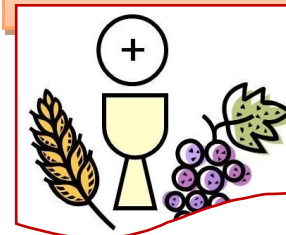


Try praying some decades of the Rosary. Have you ever done it?

Make an online search on **'How to say the Rosary'**



FOLLOW MASS ONLINE



While parish churches are closed, many are transmitting the **Holy Mass online** every

Sunday and also during weekdays.

Make a **search online** to find an online Mass from parish nearby or many others further afield or even from other countries.

Visit our website

sdc.me.uk/sundayliturgy

to download our **SPEAK LORD** worksheets for children every Sunday.