



DISCIPLES ON THE WAY

Spiritual Support During the COVID-19 Outbreaks

LIVING LENT IN A TIME OF SOCIAL DISTANCING

PRAYER

Cancelled events and self-imposed social distancing are rare opportunities well-suited to spend some quality time with God, speaking and listening about the matters which reside within one's heart. Below are a few ideas to help take advantage of this time:

- While washing one's hands, recite an Our Father for the safety and consolation of the sick or isolated.
- Pray for the intercession of the saints when you hear of new infections. Consider the following saints who have interceded during outbreaks of the past: St. Anthony of the Desert, St. Edmund, St. Roch (pronounced like "rock"), St. Rosalie, and St. Sebastian.
- Grab a bible or pull up the daily Mass readings online and spend some time practicing lectio divina. The Book of Psalms is also a great choice during times of uncertainty.
- Ask Jesus to help increase trust in Him, followed by praying a Divine Mercy Chaplet.
- Reflect on the life of Christ and ask for the intercession of Mary and Joseph while praying the Rosary.
- Join in solidarity with the Universal Church by praying the Liturgy of the Hours.
- Engage in a time of recollection, meditation, and contemplation with such activities as journaling, drawing, painting, knitting, sewing, writing, or spiritual reading.



FASTING

Through acts of fasting, one can lovingly offer their personal sacrifices for the physical, psychological, and spiritual betterment of others. Below are a few ideas for how to intercede for others through voluntary self-denial in a time of pandemic:

- Offer your Lenten sacrifice for those who are suffering with COVID-19.
- Offer one daily sacrifice, as an individual or as a family, for those who are sick or isolated.
- Avoid purchasing more than you reasonably need at this time. Unnecessarily depriving others of necessities is contrary to Christian charity.

ALMSGIVING

When one gives alms to those in need, they affirm that all created goods come from God for the purpose of the common good. Below are a few simple ways to attend to the needs of others, which respect the need to avoid physical contact:

- Make a donation to your local parish or community charity. This can usually be done online.
- Volunteer to make and/or deliver care packages of food or necessities for the sick or isolated.
- Give words of encouragement by means of phone calls, text messages, mailed letters, or social media posts.