

### Scripture/Prayer

As we begin the Year of Mark's Gospel in Advent why not read a chapter a day? Or pick another Gospel or Book from the Bible, read and reflect upon it, Isaiah is full of hope, 1 Peter full of practical wisdom.

Suggested Psalms as we approach the great season of Advent –

Psalms 25, 84, 89, 98

CAFOD have a great website full of prayer and resources for all ages -

<https://cafod.org.uk/>

### Mass

- Mass streamed live on our Facebook Page 10.30 am on Sunday, 10.00 am Monday – Thursday (any changes will be advertised on social media) <https://www.facebook.com/StEdandHS> Masses are then uploaded to our YouTube channel – search for Saint Maximilian Kolbe Parish
- Shrewsbury Cathedral via the Diocese website <http://www.dioceseofshrewsbury.org/>

### Our Parish Community

- Fr. Peter sends weekly emails – please email him to be asked to be added to the list
- Parish WhatsApp group – this group supports each other with prayer and practical help – if you would like to join please contact Fr. Peter
- Prayer sheets are emailed/posted – contact Fr. Peter to receive a copy
- Zoom meetings for prayer and bible study – download the app to your laptop, iPad/tablet then click on the link from Fr. Peter to join times of prayer and study
- Listen for the Bells and Pray the Angelus at 9am, 12 noon and 6pm
- Join with us online for Exposition 10.30 am Mondays, The Rosary 10.30 am Thursdays or strongly unite spiritually with the parish community during these times of prayer
- Remember to check on your neighbours (following social distancing rules)
- The Food Bank will be busier than ever, if you can, please continue to support them by dropping food/donations off at the Presbytery

### Radio

Premier Christian Radio – 1305, 1332, and 1413 MW or listen online

<https://www.premierchristianradio.com/>

# Ideas to help with Private Prayer



*St. Joseph, source of strength, love and support to  
Mary and Jesus, hear our prayers to you in these  
difficult times.*

*Your example shows us to trust in the Lord.  
Help us to be strong and show our love and support  
for others as you did.*

*Be with us as we navigate our new way of living.  
Be our constant companion as you were for Mary.  
You carved wood to make a living, help us carve our  
hearts to be hopeful and trusting in the Lord.*

*Amen*

## Set up a prayer space at home

Some ideas you might like to consider are –

- Use a cloth or a drape to place your items on
- Use an icon/picture/statue that is special to you
- Have a bible
- Light a candle/ the little battery powered candles are safest!
- Have some paper and a pen so you can diary/journal or write a prayer
- Use the Prayer at Home Sheet

## Hymns

Hymns can help us to calm and ready ourselves for prayer. Below are some of the chants we have used and some choruses from well-known hymns. YouTube is a great place to find hymns if you want to listen to one.

Like a sea without a shore  
love divine is boundless.  
Time is now and evermore  
and His love surrounds us.

Maranatha! Maranatha! Maranatha!  
Come, Lord Jesus, come!

Longing for light, we wait in darkness  
Longing for truth, we turn to You.  
Make us Your own, Your holy people  
Light for the world to see.

Christ, be our light!  
Shine in our hearts.  
Shine through the darkness.  
Christ, be our light!  
Shine in Your church gathered today.

Hallelujah come; Holy Spirit come.

Be Still and Know That I Am God

I will be with you wherever you go,  
Go now throughout the world.  
I will be with you in all that you say,  
Go now and spread my word.

## Prayer Apps for your iPad/Tablet/Phone or use online

Pray as you Go (Free) – can be used online or as an app – reflections on one of the readings for the day. They are also producing a ‘Pray as you Stay’ series.

<https://pray-as-you-go.org/>

### Universalis (App not Free)

Online and on the app it provides the daily Prayers of the Day and the readings of the day. You can access online for free or download the app at a cost

<https://universalis.com/>

### You Bible

A downloadable Bible – a daily scripture passage can be sent to you each day and you can follow bible reading plans

### Bible in One Year

Daily readings and reflections from the Bible so you can read it all in one year. You can go back and read each of the days since January too!

### Divine Renovation

Divine Renovation presents us all with an opportunity to learn and become full of joy with how the Holy Spirit is renewing the Church through the ministry of DR.

You can download the app and listen to podcasts or search on YouTube for Divine renovation and watch podcasts and so much more! You can also subscribe to Divine Renovation TV by visiting [divinerenovation.tv](http://divinerenovation.tv) Click ‘Join the Network’, Click ‘Choose Plan’, Fill in all your details - click ‘Continue’, Next page – on the left hand side, there’s space credit card information – **very important you don’t enter this!** On the right-hand side enter the code SMK100 and press enter! You’ll receive email confirmation

### Parish Website and Social Media (Facebook and Twitter)

<http://www.saint-maximilian-kolbe.org/> @StEdandHS

Our Website and Social Media pages will be updated as much as possible.