

A Sampling of Spiritual Resources to Help During COVID-19

Livestreamed Catholic Masses

- [St. Thomas of Villanova](#) (Villanova/Rosemont)
- [St. Katherine of Siena Parish](#) (Wayne)
- [St. Denis Parish](#) (Havertown)
- [St. John Neumann Parish](#) (Bryn Mawr)
- [Our Mother of Good Counsel](#) (Bryn Mawr)
- [St. Raymond of Penafort Parish](#) (Philadelphia)
- For more, [please visit the Archdiocese of Philadelphia's page](#)

Livestreamed Christian Services

- [Messiah United Methodist Church](#)
- [Beacon Presbyterian Church](#)
- [Episcopal Diocese of PA](#)
- [Sharon Baptist Church](#)

Podcasts with a Spiritual Focus

[Meditation Oasis](#) - Meditation Oasis features guided meditations, instructions for meditation, and music for meditation

[The Liturgists](#) - The Liturgists Podcast is a genre-bending, chart-topping exploration of the most interesting and pressing topics of our time through the lenses of art, science, and faith.

[Becoming Wise](#) - Depth and discovery in the time it takes to make a cup of tea. Reset your day. Replenish your sense of yourself and the world.

Smartphone Apps with a Spiritual Focus

[Hallow](#) -- A Catholic meditation app to help you find peace and grow in your spiritual journey. It includes guided rosaries, Divine Mercy Chaplets, contemplations, meditations, daily Gospel readings, Lectio Divina, Examens, Reflections, Prayer "Challenges," and "Praylists."

Pray-As-You-Go (online, Apple, or Android)- Pray-As-You-Go provides daily prayer sessions to help you pray whenever you find time. [They have a new prayer series called “Pray as you stay” to help us during this time of COVID quarantine.](#)

Calm -- Calm is a meditation, sleep and relaxation app dedicated to introducing our world-wide community to the amazing benefits of mindfulness. [They’ve created a free resource page with meditations, stories, talks and music to support your emotional wellness.](#)

The Book of Common Prayer (Apple iPhone or Android Phones) -- Common Prayer helps today’s diverse church pray together across traditions and denominations with morning, midday, and evening prayers for every day of the year.

Spiritual Web Resources

- [The Jesuit Post](#)
- [Busted Halo](#)
- [Examen for Life During COVID-19](#)
- [Meditation for the Anxious During Covid-19 from Jesuits.org](#)
- [A Prayer Amid an Epidemic by Kerry Weber, America magazine](#)
- [Sacred Space is a prayer ministry of the Irish Jesuits](#)
- [Give Us This Day is offering free access to their daily prayer book](#)
- [Act of Spiritual Communion Prayer \(for when are unable to receive the Eucharist\)](#)