

I know, it seems like a while since I have sent you a message. This one is simple. As we have more time at home may we continue to deepen our faith by various means of self-education & reflection. Below I offer a few possibilities which I hope many of our families are already doing. Then I offer a link to two freebies that might offer some catechesis and help...Blessings, Father Vic

### **During this time while we are at home...**

**1. Learn how to spend a moment of silence just listening to God.** Find a place & just rest before the Lord. Maybe you create a little space with a crucifix. Start with 5 minutes and increase the time each day. Before long you will be comfortable doing a Holy Hour before the Lord. Perhaps you can start with this simple reflection...

-Sin is absent of love and the goodness of God.

-What habits should you change today that are simply selfish/empty?

-We will not be fulfilled until we seek & are in union with the Divine.

(Which is why you should spend some time doing the above...

### **2. Learn how to do a “Daily Examination of Conscience.”**

<http://www.traditionalcatholicpriest.com/2014/06/26/10-suggestions-for-a-good-traditional-catholic-nightly-examination-of-conscience/>

<https://www.fisheaters.com/examinationofconscience.html>

This helps you to get an idea where you are spiritually, and the areas where you need to invite the healing balm of Jesus Christ.

### **3. (Find a Mass on line) and/or find a daily Gospel reflection.**

-Go to Infant of Prague Website and/or Facebook for Mass listings. Or this link for a daily Gospel reflection...

<https://www.wordonfire.org/resources/blog/free-daily-gospel-reflections-from-bishop-barron/5315/>

### **4. And here are the freebies...**

-Word on Fire offers free video on St. Catherine of Siena.

<https://special.wordonfire.org/stcatherinebook>

-Ignatius Press offers free conference for the family.

<https://catholicfamilyconference.com/?>

[utm\\_source=Ignatius%20Press&utm\\_campaign=4b5507c027-](https://catholicfamilyconference.com/?utm_source=Ignatius%20Press&utm_campaign=4b5507c027-CFC_2020_04_25_05_00&utm_medium=email&utm_term=0_60bod982b1-4b5507c027-174340185&mc_cid=4b5507c027&mc_eid=6dc780ba5c)

[CFC\\_2020\\_04\\_25\\_05\\_00&utm\\_medium=email&utm\\_term=0\\_60bod982b1-4b5507c027-174340185&mc\\_cid=4b5507c027&mc\\_eid=6dc780ba5c](https://catholicfamilyconference.com/?utm_source=Ignatius%20Press&utm_campaign=4b5507c027-CFC_2020_04_25_05_00&utm_medium=email&utm_term=0_60bod982b1-4b5507c027-174340185&mc_cid=4b5507c027&mc_eid=6dc780ba5c)