

Online Mass and Prayer Resources

Options for viewing Mass online:

1. **Daily Mass:** Archdiocese of Canberra and Goulburn: www.catholicvoice.org.au
Mass celebrated specifically for viewing online. Available from daily at 6am. (Beginning Sunday 22 March 2020)
2. **Daily Mass** Archdiocese of Melbourne: <https://melbournecatholic.org.au/Mass>

Daily Mass: The 1.00pm Mass is streamed live daily (Mon - Fri) from St Patrick's Cathedral in Melbourne and is then available as a recording on demand until one hour prior to the next 1.00pm Mass.

Sunday Mass: On Sundays, the 11.00am Mass is streamed and it is also available as a recording on demand.

Options for Daily Prayer: www.catholicvoice.org.au
<https://www.facebook.com/archdiocesecanberragoulburn/>
(Content source: *Liturgy Help/Universalis*)

- **Living Word** – Daily Gospel reflections. Subscription available at <https://cgcatholic.org.au/LivingWord/> or view daily at www.catholicvoice.org.au
- Documentation provided for download
 - a. Prayers of intercession.
 - b. How to pray with children.
 - c. Praying as a family
 - d. *Be Still and Know that I am God*: Eucharistic Adoration Guide
- Video reflections – Archbishop/VG/selected laity.

Additional Video Resources: www.catholicvoice.org.au and www.cgcatholic.org.au

- a. *Expert Medical Content:* Interview Prof Gerard Carroll, Mater Hospital, North Sydney)
- b. *Management of psychological and economic issues:* Provide practical and pastoral support by addressing the psychological and economic issues people are dealing with as a result of the crisis.

Topics may include;

- Isolation
 - Anxiety
 - Suffering
 - Palliative care
 - Coping with stress (WHO resource)
 - Job loss
- c. *Provision of Departmental health links*
 - d. *Resources for Easter Liturgies:*
 - a. Way of the cross: video incorporating Youth Ministers and Archbishop Prowse with additional downloadable material