



LIVING OUR FAITH IN A TIME OF COVID-19 TEN TIPS

TIP 1. Believe in Love. First things first! Remember God who is Love. We can heed St Peter's advice to the First Christians: "Cast all your anxiety onto God, because he cares for you".

TIP 2. Live the Present Moment. We normally spend so much time revisiting the past or planning the dreams of the future, but easily forget to focus on the present. St. Thérèse of Lisieux used to say: "You know that to love you, Lord, I only have today."

TIP 3. Love by Serving. Be the first to love not waiting for others to love us. Pope Francis reminds us that service, in great part, means "caring for vulnerability, for the vulnerable members of our families, our society, our people".

TIP 4. Slow Down and Look Deeper. Everything is connected, everyone is connected! COVID-19 invites us to slow down, contemplate nature and care for the planet. But it also invites us to open our eyes to those suffering in other parts of the world, to live for universal fraternity and social friendship.

TIP 5. Build up your family as a "domestic church". Everyone belongs to the family. Each of us can build up our family as a community of love for one another, a community of sharing and mercy. We can always start again to care for one another, every time we fail.



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TIP 6. Mark Sunday in a special way. Gathering for Mass is at the heart of who we are. But if for some serious reason, we cannot get to Mass we should mark Sunday – participating in a liturgy online, reading the Mass Readings, spending time in quiet prayer, doing acts of love for people who are sick or alone.

TIP 7. Pay attention to small daily practices. We can nurture faith in simple ways: morning and evening prayers; grace before meals; blessing ourselves with holy water, brief visits to chapel, reciting the Rosary in full or in part, simple private moments of saying “thanks” to God for blessings we’ve noticed.

TIP 8. Tune into the liturgical seasons. For the Church, the year is marked by liturgical seasons. October is associated with Mission; in November we remember our dead. December is Advent time preparing for Christmas – the great season when we celebrate the birth of Jesus. We can ask ourselves: how can we capture these seasons and themes in our homes?

TIP 9. Discover the Word of God. Perhaps this might be a very good time to reopen a Bible. There is plenty of material online to help us read the Bible. To begin, why not read chapter two of Pope Francis’ encyclical, *Fratelli Tutti*, on the parable of the Good Samaritan.

TIP 10. Set out on pilgrimage. Pilgrimages are cherished events in the faith lives of Catholics, walking to a sacred place or church, being together, saying a prayer, lighting a candle. Individuals and families might consider pilgrimages to local churches or local holy sites. Just remember, we can never find time, we always have to make it!