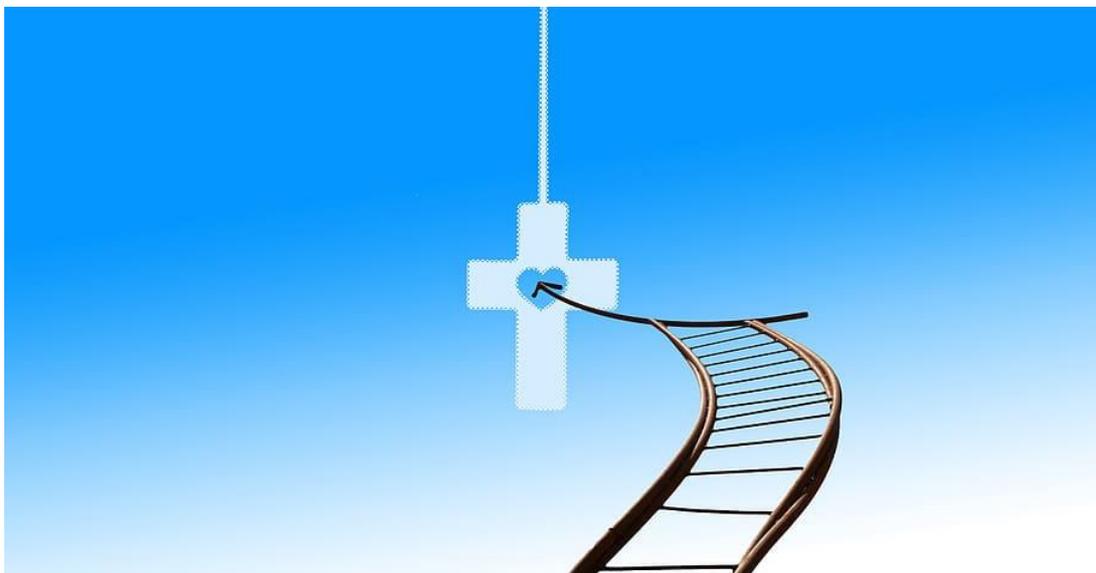




RECOMMENDED RESOURCES FOR FAITH FORMATION OR PRAYER FOR ADULTS



There is no separation between time for learning and time for formation, between acquiring notions and growing in wisdom.'

(The Catholic School on the Threshold of the Third Millennium)



Pray as you go/Pray as you stay

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



Pray As You Go is a daily prayer session, designed to go with you wherever you go, to help you pray whenever you find time, but particularly whilst travelling to and from work, study, etc.

A new prayer session is produced every day of the working week and one session for the weekend. It is not a 'Thought for the Day', a sermon or a bible-study, but rather a framework for your own prayer.

Lasting between ten and thirteen minutes, it combines music, scripture and some questions for reflection.

The aim is to help you to:

- become more aware of God's presence in your life
- listen to and reflect on God's word
- grow in your relationship with God

The style of prayer is based on Ignatian Spirituality. It is produced by Jesuit Media Initiatives, with material written by a number of Jesuits, both in Britain and further afield, and other experts in the spirituality of St Ignatius of Loyola. Although the content is different every day, it keeps to the same basic format.

They also have a number of prayer tools, retreats and resources to help supplement your prayer life.

<https://pray-as-you-go.org/prayer%20tools/>



REIMAGINING THE IGNATIAN EXAMEN

FRESH WAYS TO PRAY FROM YOUR DAY

Loyola Press has unveiled Reimagining the Examen, a fresh and customized prayer app inspired by St. Ignatius's Examen, a practice that helps you review your day in the presence of God. With unique Examens tailored to your mood, needs, and situation, the app invites you to pray from where you are, wherever you are.

With soothing music and step-by-step guidance, users are invited to quiet their thoughts, sense God's presence, and examine a grace-filled moment, a particular encounter, a daily habit, an inner wound, or their relationship with God. Users can choose from reflections that fit their current state of being, or select the day's allotted Examen. Either way, they're swipes away from a small but mighty practice—one that brings clarity, mindfulness, and grace.

“Reimagining the Examen gives readers the opportunity to take Mark’s excellent book and apply it to their daily lives on the go. It is our hope that this life-giving practice will offer users exactly what they need in the moment and beyond—be it healing, peace, insight, gratitude, or a deeper relationship with God,” said Paul Campbell, SJ, publisher of Loyola Press. Reimagining the Examen is available on iTunes or on Google Play. You can learn more about the app [here](#).

What is the Examen?

St. Ignatius of Loyola created the Examen to be a very short prayer that can be prayed at any time. In the Examen, we review our recent past to find God and his blessings in our daily life. Ignatius would say that the Examen should be the most important moment of our day, because this moment affects every other moment.

How Do I Pray the Examen?

There are five simple steps to the Examen, which this app leads you through:

- Relish the moments that went well and all of the gifts you have today.
- Request that the Spirit lead you through your review of the day.
- Review your day.
- Repent of any mistakes or failures.
- Resolve, in concrete ways, to live tomorrow well.

Benefits

The Examen brings our God’s presence into the mud and muck of our day. It helps:

- unite you even closer to God;
- reveal God’s perspective on your everyday life;
- stir you to praise God for the countless gifts that have popped up in your day, and to find God’s presence in those gifts;
- give you an opportunity to recognize and apologize for your faults, and to grieve your failures and hurts and receive healing from them;
- bring insight into what is really going on beneath the surface of your thoughts, words, and actions—into the very source of your motivations;
- you discern how to handle the trickier aspects of your life, to know what gifts you need from God to do the right thing tomorrow, and to ask God for those gifts explicitly.



The Universalis program <https://universalis.com/>

Universalis

The Universalis program gives you:

- A full liturgical calendar so that you know all the saints' days and feasts.
- The About Today page to tell you about the saints of the day, and more.
- Every Hour in the Liturgy of the Hours: Morning, Mid-Morning, Midday, Afternoon, Evening and Night Prayer, plus the wonderful Office of Readings.
- All the readings and prayers for Mass so you can follow them in church or read them at home.
- Lectio Divina for private or shared meditation.
- Every day of every year: look at any date whenever you want.
- The Newman Canonisation: You will find the Novena prayers in the About Today pages from 4 October 2019 onwards.

With you, for you, always, everywhere

- The Universalis program is free to use for the first month. After that, you need to buy a registration code.
- The code lasts for ever and you never need to pay again.
- The code works not only on Windows but also on the Mac, Android, iPhone / iPad / iPod Touch, and e-books.
- The Universalis program doesn't need an Internet connection, so you can use it anywhere at any time.

Try it now

[Get the one-month free trial](#)

About the registration code- A Universalis registration code costs £19.99.

[Buy the code](#)

- The registration code comes with [full instructions](#) for using it on Windows, Mac, Android, iPhone / iPad / iPod Touch, and e-books.



Sycamore: What do you believe?

**The Catholic National Shrine of Our Lady,
Walsingham,**

Sycamore: What do you believe?

How can we find happiness? What's the meaning of life? Is there a God? Does prayer make a difference?

The Shrine is delighted to showcase the faith exploration series, Sycamore, presented by Fr Stephen Wang (www.sycamore.fm).

Sycamore is an informal course about the Christian faith and its relevance for life today. Each session involves a short film and discussion questions to get you thinking.

The Timetable

The 10 sessions will be broadcast daily on the Shrine's livestream from Wednesday 29th April until Friday 8th May, with each episode shown at 10.30am and then repeated again at 4pm:

- **Session 1: The Search for Happiness (Wednesday 29/4)**
- **Session 2: The Existence of God (Thursday 30/4)**
- **Session 3: A God Who Speaks (Friday 1/5)**
- **Session 4: Who is Jesus? (Saturday 2/5)**
- **Session 5: The Holy Spirit and the Church (Sunday 3/5)**
- **Session 6: The Bible (Monday 4/5)**
- **Session 7: The Gift of Faith (Tuesday 5/5)**
- **Session 8: The Power of Prayer (Wednesday 6/5)**
- **Session 9: Finding True Freedom (Thursday 7/5)**
- **Session 10: The Meaning of Love (Friday 8/5)**

Buddy Up

Sycamore was designed for groups to use in parishes and chaplaincies, which is why there are "Pauses for Discussion" built into the films. Whilst we are in lockdown

you might want to consider watching the session at the same time as a friend or relative and calling them at the discussion point to consider the questions asked. Or if you prefer, you can simply watch and ponder the questions yourself.

About Sycamore

Presented from locations around the UK, the resources include testimonies and street interviews about the challenges of living out the faith. The films will help enquirers who are curious about what Christians believe. They will also help committed Christians deepen their faith and learn about the riches of the Christian tradition.

Fr Stephen Wang is Senior University Chaplain and Vocations Director for Westminster Diocese and Sycamore is a UK Charity ("Sycamore Roman Catholic Charity", CIO Number 1182843).

If you want to know how you could use the Sycamore resources in your parish or chaplaincy, especially for evangelisation and reaching out to those who are not connected with your community, visit www.sycamore.fm and [register as a leader for email updates](#). You can also join the Sycamore Leaders Forum on Facebook at www.facebook.com/groups/sycamore.leaders.

Useful Links

Listen to Sycamore on [Walsingham 24/7 Livestream](#)

Relisten for a limited period [here on Youtube](#)

Follow Sycamore on [Facebook](#), [Twitter](#) and [Instagram](#): @SycamoreSeek



Alpha

Everyone should get to play a part in seeing others come to know Jesus

Alpha is an 11-week course that creates a space, online or in person, where people are excited to bring their friends for a conversation about faith, life and God.

What is Alpha?

Alpha is a tool built for local churches based on hospitality, sharing and open conversation. The same Alpha content is run all over the world, by Christians of all traditions, and provides a common expression of proclamation, service and witness.

Millions of people have experienced Alpha in over 100 countries and over 100 languages around the globe.

Get started today

Everything you need to run Alpha is available online and free to download so everyone can play a part in seeing lives transformed.

[Sign Up Now](#)

ALPHA ONLINE at Blessed Sacrament Parish, Exeter

We are running the well known Alpha course online! Evenings where you can get together with existing friends (and new ones!), watch films exploring life and discuss those big questions about faith and God. So put the kettle on and come along and join us!

This will be a fantastic way to connect with others at a time when we can't actually meet up. Our Alpha will run from 19th May 7.30pm and each session will include a short film and a chat where you can share your thoughts within an online small group.

There is no pressure, and no charge! All we ask is that you contact us with your email address before 17th May – then we can get back to you with all the details! It's that easy.

So.....please email us here, adding Alpha in the subject heading exeter-heavitree@prcdtr.org.uk

If you want to know more details about what Alpha is all about then why not look at

the Alpha website here.



You can also click on here to go to our Facebook page



or our YouTube channel for more information.



Bishop Robert Barron

These are brief and insightful commentaries on faith and culture by Catholic theologian and author **Bishop Robert Barron**. The videos complement his weekly ...

[Bishop Robert Barron - YouTube](#)

[www.youtube.com > channel](http://www.youtube.com/channel/)

Sacred Space <https://www.sacredspace.ie/>

Welcome! We invite you to make a 'Sacred Space' in your day, praying here and now, as you visit our website, with the help of scripture chosen every day and on-screen guidance.

[Praying through the Covid-19 crisis](#)

['Isolation' Retreat](#)

[Consider making a donation to Sacred Space](#)

[Begin the Prayer »](#)

Something to think and pray about this week

I Am With You Always

Experiencing a period of loneliness in our lives is painful but it does not have to be totally negative. We may learn more about ourselves and the importance of positive relationships in our lives. We are offered an opportunity to give thanks for all who have blessed us and to seek reconciliation if this is necessary. We realise that 'no man is an island' and that we all need each other for good quality of life. We examine our expectations of ourselves or others and realise that no one can completely fill that deep inner space in our hearts that God has reserved for himself alone. We echo the prayer of St Augustine when he prays, 'You have made us for yourself, and our hearts are restless, until they can find rest in you'. This helps us to deepen our life of prayer and many words of hope are offered to us in scripture, 'if God is for us, who can be against us?' (Rom 8:31) or 'I will give you another advocate to be with you forever' (Jn 14:16) [read more...](#)



Redemptorist Publications <https://www.rpbooks.co.uk/blog>

Hello and Welcome to Redemptorist Publications.

We are a Christian publisher and registered charity in England and Wales no. 1058879, based in Chawton, Hampshire, UK.

Our Mission

to help translate the Gospel message into human words, relevant to daily life and to aid the Christian community on its journey towards God. Creating books and resources that inspire, educate, encourage and support.

Our Charitable Objective

To listen, respond and to build communities of hope.