

# Spiritual Resources

## ● Online Mass

- <https://mass-online.org/daily-holy-mass-live-online/>
- Ascension Presents - [Facebook](#) or [YouTube](#)
  - March 22: [Fourth Sunday in Lent - LIVE Mass with Fr. Mike Schmitz](#)
    - Also every Sunday at 10am on [YouTube](#)
  - March 22: [Fourth Sunday in Lent - LIVE Mass from the Archdiocese of Philadelphia](#)
    - Also every Sunday at 11am on [Facebook](#) or [YouTube](#)
- Bishop Barron: [Daily Mass with Word on Fire](#) (this link is to the page with all Masses)
- Bishop Matano: [March 22](#) (also available via Catholic Courier and dor.org)
- Mass Resources:
  - Follow the Mass readings and parts
    - App - iBreviary on [iPhone](#) or [Android](#)
    - App - Laudate on [iPhone](#) or [Android](#)
  - [Spiritual Communion](#)

## ● Guided Prayer

- [Live Rosary](#) to end Coronavirus - 4pm daily
- Podcast - [An Invitation to Pray with Father Josh during COVID-19](#)
- [The Stations of the Cross with Bishop Barron](#)
- [The Stations of the Cross with Fr. Mark Toups](#)
- Virtual Adoration (I could only find previously recorded versions - Jen)

## ● Liturgy of the Hours

- App - iBreviary on [iPhone](#) or [Android](#)
  - The apps are useful because they automatically select the correct texts for you.
- App - Laudate on [iPhone](#) or [Android](#)
- [Magnificat - Free during crisis](#) - Morning and Evening prayer as well as reflections and other prayers
- Text from the beginning of the breviary (the book containing the Liturgy of the Hours) explaining what it is:  
<http://oplaitywest.org/wp-content/uploads/2015/06/Liturgy-of-the-Hours.pdf>

- Can also be found here:  
<https://www.ewtn.com/catholicism/library/general-instruction-on-the-liturgy-of-the-hours-2175>
- Carmen, Dante, and Zach all regularly make use of this prayer of the Church and would be happy to answer questions about how to pray it.

## ● Encouragement in the midst of Coronavirus

- [How Should Catholics Respond to the Coronavirus Pandemic?](#)
- [Bishop Barron on the Coronavirus Quarantine](#)
- [This is not how I imagined things going...](#)
- Podcast - [Finding a New Normal](#) - Fr. Mark Toups speaks to his parish; There are several other good podcasts touching on this <https://www.marktoups.com/>
- [Prayer to Combat the Coronavirus](#)
- [Fr. Mike Schmitz on Boredom](#)
- [Fr. Mike on Feeling Overwhelmed](#)

## ● Focus on Lent

- [Be Not Afraid of Silence | First Week in Lent](#)
- [What Does God Think of You? | Second Week in Lent](#)
- [When Nothing Else Will Satisfy | Third Week in Lent](#)
- [God Still Wants More for You | Fourth Week in Lent](#)
- [What are you seeing for the first time?| Fourth Week in Lent](#)
- [Entering the Desert of Lent](#)

## ● Sacraments (Word on Fire, Ascension Presents, etc.)

- Eucharist
  - [The Real Presence of Jesus in the Eucharist // Bishop Barron at 2020 Religious Education Congress](#)
  - Bp. Barron [The Eucharist Problem](#)
- Confirmation
  - Bp. Barron [Confirmation Names](#)

## ● The Mass

- Here is a playlist of videos from the Archdiocese of Brisbane that I've heard are good. Someone should still watch them and confirm that [https://www.youtube.com/playlist?list=PL8-1Dil2Zzb9GuvPXBbBAdocpTCY1k\\_sW](https://www.youtube.com/playlist?list=PL8-1Dil2Zzb9GuvPXBbBAdocpTCY1k_sW)
- I own Bishop Barron's video lectures/reflections on the Mass and could lend it to people if they are interested (Zach).

## ● The Bible and Its Interpretation

## ● Christian Life

- Apologetics/Etc
  - Bp. Barron [Myths About the Catholic Church](#)
  - Bp. Barron [Is Religion Opposed to Science?](#)
- Reflections on Prayer
  - Fr. Mike [Battle of Prayer](#) (or Why Prayer is Not Optional)
  - Fr. Mike [Tips for Praying](#)
  - Fr. Mike [Why is Prayer So Hard?](#)
  - Fr. Mike [The Power of Prayer](#)
  - Bp. Barron [Prayer](#)
  - Bp. Barron [The Lord's Prayer](#)
- Discernment
  - So many Ascension Presents videos it is actually overwhelming (they have religious, priests, married couples, single people all talking about discernment)
  - Fr. Mike [Discernment 101](#)
  - Fr. Mike [4 Helpful Rules for Discernment](#)
- Discipleship/Faith
  - Bp. Barron [The Centrality of Christ](#)
  - Bp. Barron [Why What You Believe Matters](#)
  - Bp. Barron [What Faith Is and What Faith Isn't](#)
    - Really good video on the rationality of faith

## ● Theology

### ○ The Trinity

- Bp. Barron [The Meaning of the Trinity](#) (Dante, don't think too hard about the physics in this video...also keep in mind that when he uses the word 'produced' to describe the Logos, he is working with the colloquial language we would use to describe an image (since he is following Augustine's idea of imago) rather than making the mistake that the Son was created instead of begotten.)
- Bp. Barron [Who God Is, and Who God Isn't](#)
- Bp. Barron [Who is Jesus?](#)
- Bp. Barron [The Holy Spirit](#)

### ○ The Incarnation

- Bp. Barron [Who is Jesus?](#)
- Bp. Barron [Who Jesus Truly Is](#)

### ○ Aquinas101 Video Lecture Series:

<https://aquinas101.thomisticinstitute.org/watch-index>

### ○ Thomistic Institute Recorded Lecture Collection:

<https://soundcloud.com/thomisticinstitute>

- Some more (plus all the Aquinas101 videos) [here](#)

The McGrath Institute Notre Dame

<https://mcgrath.nd.edu/> Great free online courses

## ● Books

### ○ [Summa Theologiae](#) of St. Thomas Aquinas

- Would recommend watching [this video](#) before diving in if you've never read St. Thomas before. If you would like a taste, perhaps try the prologue and the first two questions. Otherwise, look through the table of contents for a topic that sounds interesting and start there.
- Don't be afraid to ask questions! The language may be unfamiliar if you haven't read some theology and philosophy.

- Thomistic Institute Recommended Reading List:
  - <https://thomisticinstitute.org/recommended-reading>
    - I (Zach) have the Aristotelian works if anyone would like me to make a PDF.
- [In Sinu Jesu: When Heart Speaks to Heart](#)\*\*\*
  - Carmen: I can't say enough about this book. It transformed my life so radically. I still bring it to Eucharistic Adoration and reread some of the passages.
- [I Believe in Love: A Personal Retreat Based on the Teaching of St Thérèse of Lisieux](#)\*\*\*
- [Life of the Beloved: Spiritual Living in a Secular World](#)\*\*\*
- [The Inner Voice of Love: A Journey through Anguish to Freedom](#)\*\*\*
- [The Power of Silence: Against the Dictatorship of Noise](#)\*\*\*
  - Mere Christianity by CS Lewis
  - Orthodoxy by GK Chesterton
  - Confessions by St. Augustine

\*\*\*Carmen: A handful of books I've read which I found to be tremendously fruitful in my own walk of faith. Feel free to talk to me if you'd like to discuss a particular book.

I personally follow these accounts (and more!) on Twitter and Instagram. Godsplaining is my **favorite** podcast; shamelessly, I wait for it. Every. Single. Thursday.

## ● Podcasts

- [Godsplaining](#)\*\*\*
  - [Back to Basics: Fasting](#)
  - [Back to Basics: Confession](#)
  - [St Thomas Aquinas](#)
  - [The Virtues of Catholic Social Teaching](#)
  - [Vice, Virtue, and Sport](#)

- [Fr Mike Schmitz](#)
- [Bp Barron's Sermons](#)
- [Word on Fire Show](#)
  - These are also available on YouTube (some of the links posted above), but there's the podcast version for those who prefer it.
- [Pints with Aquinas](#)
  - As above, the video version is also available on YouTube.
- [The Thomistic Institute](#)
- Aquinas 101:
  - [Course 1](#)
  - [Course 2](#)
  - [Course 3](#)

## ● Twitter

- [In Sinu Jesu](#)
- [Thomistic Institute](#)
- [Word on Fire](#)
- [Fr Mike Schmitz](#)
- [Bp Barron](#)
- [U.S. Catholic Bishops \(USCCB\)](#)
- [Pope Francis](#)
- [Angelicum](#)

- Instagram

- [Dominican Sisters of St Joseph](#)
- [Dominican Friars Foundation](#)
- [The Thomistic Institute](#)
- [Dr Edward Sri](#)
- [Ascension Catholic](#)
- [St Paul Center](#)
- [Coffee w/ Saints](#)
- [Bp Barron](#)
- [Fr Dave Pivonka \(Wild Goose Ministry\)](#)
- [Dr Scott Hahn](#)
- [U.S. Catholic Bishops \(USCCB\)](#)

## Resources for Parents

- [Catholic during COVID-19](#)
- [Various Family Resources from Loyola Press](#)
- [10 Ways to Survive \(and thrive\) Through Days of Quarantine from Catholic Mom](#)
-