



Prayer, Meditation and Reflections for Spiritual Nourishment

Dear Religious Education Leaders

Once again, the Global COVID 19 Pandemic has presented us all with uncertainty, especially with this latest outbreak.

During these times, it is important to look after our own spiritual wellbeing. The following resources are offered to help school staff or individual teachers nourish their own spiritual life and to create space for the important work of reflection and spiritual nourishment in one's own life. My hope is that they are of benefit to you all.

Please do not hesitate to contact me regarding ongoing support in the area of Formation for Mission, especially during this time.

With every blessing

Jim Waight

1. A Spiritual Care Package: - from Boston College
<https://sites.google.com/bc.edu/aspiritualcarepackagebckairos/home>
2. Examen for Life During COVID-19: - from Ignatian Solidarity Network
<https://ignatiansolidarity.net/wp-content/uploads/2020/03/COVID-19-Examen-.pdf>
3. Pope Francis quotes for inspiration: - from Ignatian Solidarity Network
<https://ignatiansolidarity.net/blog/category/quotes/pope-francis-quotes/>
4. Ignation Wisdom for COVID 19: - from the Jesuits of Ireland
<https://www.jesuit.ie/news/ignatian-wisdom-for-covid-19/>
5. Encountering Mary MacKillop in Prayer: Sisters of Saint Joseph, Australia
<https://online.flippingbook.com/view/372439/>
6. Daily Meditations by Richard Rohr: - from The Centre for Action and Contemplation
<https://cac.org/four-shapes-of-transformation-2021-06-01/>