

CESA Reflection Resources



These reflection resources have been curated by CESA for students and families to use at home. These are to be used alongside and with prayer interpreted in light of the principles found in the CESA 'Being with God' prayer and liturgy resource

[Living Our Faith at Home - reflection by Fr Denis Travers](#)

In this time of absence of public worship, we are invited to live our faith primarily 'at home'. Perhaps this is a wonderful moment to rediscover an ancient truth, namely that our first experience of God's presence occurred in the very setting of our homes.

[Reflection edited by Fr Tom Gleeson for Australian context](#)

Lockdown by Br. Richard Hendrick, priest-friar of the Irish branch of the Capuchin Franciscan Order. Edited for use here in Aust by Fr Tom Gleeson

[Reflection resources](#)

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[Reflections in a time of Corona Virus](#)

Extract from Letter of Sr Philippa Murphy fdnsc to Daughters of Our Lady of the Sacred Heart Australian Province for feast of St Joseph 19 March 2020

[Caring for Self and Others in Times of Trouble: Some Spiritual Tools and Tips](#)

A reflective practice that could be used to lead into or out of prayer in our tradition and uses gratitude as a means of harnessing hope and debriefing anxiety in a prayerful way.

[CORONAVIRUS: A REMINDER THAT WE ARE ALL CONNECTED BY PHILLIP METRES | March 12, 2020](#)

[Fr. Jim Martin: Ignatian Spirituality Can Guide Us in the Storm](#)

Fr. Jim Martin, SJ, reflects on how we can draw on the tradition of Ignatian spirituality to respond to the coronavirus pandemic with faith, hope and love.

[Key Capabilities Prayerful Reflection](#)

[Pope Francis' special video to pray for an end to the pandemic #PrayForTheWorld](#)

In a special edition of "The Pope Video", the Holy Father asks us to pray for the sick and the suffering, while thanking all those who, united and regardless of their religious tradition or convictions, pray for those affected.

[Spiritual Comfort for Troubled Times & Holy Week](#)

As the world goes into lock-down, Emmaus Productions is offering families and communities the video and music resources below to support them spiritually during this extraordinary time as well as offering support to them in their celebration of Holy Week and Easter.

[With Jesus in the Desert: A retreat for a time of isolation](#)

This retreat has been prepared by the staff of Jesuit Communications for the use of people who have to isolate themselves for 14 days during the Coronavirus crisis. Of course, other people who may find it helpful are also welcome to use it.