

**Catholic Diocese of Jackson  
Department of Faith Formation  
Office of Family Ministry**

**Family - The Domestic Church: Building Church in our Homes**

Let us continue to pray for all those in our state, country and the world who are affected by the worldwide outbreak of Coronavirus (COVID-19), and for all those who care for and support them. Also, let us pray for those who have lost loved ones because of this virus.

*The Similes of Salt and Light – Matthew 5:13-16* “You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father. The Office of Family Ministry offers an opportunity for our diocesan families to experience the Light of Christ and to be the Light of Christ during this time of need! Please see resources below that can help families stay connected to the Light:

- Some of our own diocesan parishes are streaming Mass each week on their parish Facebook websites. Some of these parishes can be linked via the Jackson Diocese’s Facebook website at <https://www.facebook.com/JacksonDiocese>. Bishop Joseph Kopacz and Father Matthew Simmons livestream Mass on Sundays (English/Spanish) and at 12:05 pm weekdays on the Jackson Diocese’s Facebook website; <https://www.facebook.com/JacksonDiocese>.
- Watch Mass together on EWTN; <https://www.ewtn.com/tv/weekly-grid>.
- Look up the daily readings on USCCB’s website and read at <http://usccb.org/bible/readings>. Read them together or listen to them proclaimed.
- Listen to a homily via YouTube or a podcast. Begin with a podcast homily by Bishop Robert Baron; <https://www.wordonfire.org/resources/category/homily/>.
- Select a space in a room that will be the family’s sacred space. Place chairs in front of a crucifix or saint icon, dim the lights, light a candle, and spend time with Jesus. Begin with silence or with a favorite worship song or Gregorian chant to help everyone enter into a sacred prayer time.
- Pray as a family often throughout the day.
- Music can soothe the soul. If possible, let someone in the family play an instrument, sing favorite church songs and praise God together as a family.
- Pray a rosary or Divine Mercy Chaplet together as a family. If you need a recording to pray along with, check out different options on YouTube, iTunes, and Spotify.
- Meditate on the Stations of the Cross each Friday during Lent together as a family on EWTN’s website: <https://www.ewtn.com/catholicism/devotions/stations-of-the-cross-12706>
- Look up information about favorite saints. Also, Bishop Joseph Kopacz has opened a cause for sainthood for Sister Thea Bowman, F.S.P.A. As a family, explore her cause and join in this journey at <https://www.sistertheabowman.com/>.
- Pray An Act of Spiritual Communion when you can’t physically receive the Holy Eucharist; <https://www.ewtn.com/catholicism/devotions/act-of-spiritual-communion-339>.
- As a family, read a reflection on the daily readings from the Magnificat – it is offering complimentary access to its online version in response to the coronavirus; <https://us.magnificat.net/>.
- Talk to your children about Coronavirus: “Coronavirus (COVID-19): How to Talk to Your Child”; <https://kidshealth.org/en/parents/coronavirus-how-talk-child.html>. This resource also has a direct link in Spanish.