



LEARNING AT HOME

WELLBEING

MINDFULNESS MONDAY

- 1 Take a moment to read this week's topic and ask yourself how you may be encountering God in your daily life at this moment. Come up with a list of 3 things.
 - 2 Engage with one of the prayer, reflections or mediation experiences suggested below.
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WELLBEING WEDNESDAY

- 1 Go outside and sit in the sun for five minutes with your eyes closed. God often speaks to us in the world around us if we take the time to listen.
 - 2 Choose one of the Speakers and watch their video.
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FEELIN' FINE FRIDAY

- 1 Tell someone you know that you love and care for them. Write them a text or do it on the phone. Better yet do it face to face if possible.
- 2 Pick a song from the Inspirational Music Clips and have a sing-a-long

SPIRITUALITY



Spirituality

Prayer and spirituality is important to all of us. We access our spirituality in different ways, but at the end of the day, humans have been hardwired with an innate sense that there is something or someone bigger than all of us. We have a need to answer those big questions in life such as: Where do we come from? Why is there evil and suffering? How did life begin?

Often in times of crisis, loss, or uncertainty, we are drawn closer to God and tap into our spirituality. How we might communicate with God or engage with our spirituality will differ for each and every one of us. Fr Frank Wallace wrote a book called 'Encounter, not performance'. Our spirituality really is about encountering God in our life, at whatever level we are at. It's not so much what we do, or what we say, it is all about forming a relationship with God, talking to God and simply being with God.

The following pages will provide you with some ways in which you might be able to encounter God and to build that relationship with him. We hope that you find it useful.

There is no "right" way to pray. Find one way that works for you and nourishes the spiritual dimension of your life.

Prayer, Reflection and Meditation

Speakers on Spiritual Topics

Inspirational Music Clips

SPIRITUALITY



PRAAYER, REFLECTION AND MEDITATION

[3-Minute Retreat](#)

A daily reflection with images, music, scripture and prayer. It is self guided and updated every day to a new "retreat". An excellent resource if you're not sure where to start with prayer. You just have to click through the resource after reflecting on each statement or direction.

[Daily Examen](#)

An 'Examen' is a spiritual practice where you take the time to reflect on how you are feeling and the ways in which God is present in your life through the people, events and feelings you experience daily. This link will take you to some online resources that can help you complete an Examen.

[Marist Association - United in Prayer](#)

A series of prayers that Marists around Australia are engaging with. You might like to download them and pray one or two in a moment of quiet reflection.

[Taize Chants](#)

A youtube playlist of different Taize chants or prayers. You might like to watch one of the videos or simply have it playing in the background while you take a few minutes to close your eyes and relax.

[Dadirri \(meditation\)](#)

An indigenous meditation explained in the video above. Essentially it's about going outside and taking the time to listen and experience the natural world. Go into your backyard or a local park - Just be safe and follow social distancing.

[MCNS Virtual Rosary](#)

You might like to join together with other students and staff. A great way to stay virtually connected in Prayer. 1.45pm every day except Thursdays at 12.20pm. Just click on the link to join the Zoom Chat.



SPIRITUALITY



SPEAKERS ON SPIRITUAL TOPICS

These video links provide you with some short clips that discuss spiritual matters or issues. Feel free to look at other videos posted by the same speaker.

[Why Does God Let Bad Things Happen ? - Fr Mike Schmitz](#) - 7 minutes

[Bishop Barron on the Coronavirus Quarantine](#) - 13 minutes

[Why exercise? \(a spiritual perspective\) Fr Rob Galea](#) - 1 Minute

[A relationship with God - Fr Rob Galea](#) - 7 minutes

[Mr Rulewski's Ramblings](#) - Various



Fr Rob Galea

SPIRITUALITY



INSPIRATIONAL MUSIC CLIPS



Not all prayer has to be calm and reverent. Sometimes you just want to sing and be uplifted. The following artists all have songs that can do just that. Find one you like and listen to the words of the song or maybe just have a singalong in your bedroom. Maybe what the world needs is a Matt Maher - Your Grace is Enough - TikTok Video.

Matt Maher

Matt Redman

Steve Angrisano

Michael W. Smith

David Haas

Robert Galea

SPIRITUALITY