

Using Your Senses for Spiritual Development Just Makes Sense!

Website resources:

Bible in a Year or Catechism in a Year-form study groups or discussion groups

<https://AscensionPress.com>

Many free virtual programs with authors about their books-possible book club suggestions

<https://ignatianspirituality.com>

Great resource for books and virtual presentations

<https://loyolapress.com> ex. 3 minute retreats

<https://www.cccb.ca/> Canadian Conference of Catholic Bishops update members on Synod matters/prayers or letters from CCCB

<http://acbo.on.ca> Assembly of Catholic Bishops of Ontario

<https://www.vatican.va> The Holy See for encyclicals, homilies from Pope, messages, prayers and daily meditations. Latest information on Synod and other events such as World Youth Day

Bishop Baron- <https://wordonfire.org>

Dynamic Catholic - <https://dynamiccatholic.com>

Daily meditations and prayers - <https://pray-as-you-go.org/home>

Dicastery for Laity, Family and Life -

<http://www.laityfamilylife.va/content/laityfamilylife/en.html>

<https://cwl.on.ca> Click on resources-then click on prayers

<https://cwl.ca> Click on resources-then click on Prayers and Hymns

Also click on Workshops—there are more than 12 workshops you can use and even customize to your timeframe.

Spirituality through Art—Visual

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/arts-and-faith-for-lent>

<https://www.loyolapress.com/catholic-resources/liturgical-year/advent/arts-and-faith-advent>

<https://www.loyolapress.com/catholic-resources/prayer/arts-and-faith/visual-arts>

<https://theosophyart.org/2019/12/12/where-the-universe-sings-the-spiritual-journey-of-lawren-harris/> Norval Morriseau is Anishinaabe and had a Catholic grandmother. A survivor of residential schools his art resembles stained glass windows. Graphic depictions of God were not permitted in his culture so he always surrounded his art images with blue for protection.

<https://www.loyolapress.com/catholic-resources/prayer/arts-and-faith/about-arts-and-faith>

Click on the theme you want to research.

Spiritual Music—Sound

https://youtu.be/DSDs_rYRs6I **Jerusalem**

- learn the dance to the very catchy tune. Combine faith and fun at the same time.

<https://youtu.be/vkNomDgfrOY> **Veniens Mater Inclita - Approaching Mother, Glorious - Marian Hymn for the Feast of the Visitation**

***There are more hymns with words in Latin with English at the bottom-good meditative music

Songs to listen to and reflect:

<https://youtu.be/8ePEEW4aT8w> **Holy Darkness - Dan Schutte**

<https://youtu.be/-MwpR5nVm-c> **The Alternate Routes- Nothing More Live on Craig Ferguson**

<https://youtu.be/zcT09qNlx0M> **Lady of Knock**

<https://youtu.be/Yy1HHLrbPt0> **Crown Of Thorns - Danielle Rose w/ the Notre Dame**

Folk Choir

Contemporary Catholic Music:

<https://www.youtube.com/watch?v=W58IIP9ZdmY&list=PLZrXiYyPjtsSsQ50QkPTWNcM1QRrttAu6&index=1&pp=iAQB8AUB>

Catholic Hymns to calm your mind:

<https://www.youtube.com/watch?v=H6cdZuJbVZg>

Sacred songs for comfort and healing:

<https://www.youtube.com/watch?v=9D6C6HP4PB0>

Spiritual Advisors

One of your best resources. Ask your spiritual advisor to do a reflection on the scripture passage he chose for his ordination and why?

Ask your spiritual advisor for suggestions for something different for prayers, retreats, etc.

Perhaps he has heard at plenary meetings or read something new to try.

*****Whenever your spiritual advisor takes part in any spiritual programs, be sure to thank him for his time and talents while all are present. Let them know they are appreciated and valued!**

Be sure to talk about the successes of new initiatives with your diocesan council so they can share with other councils and dioceses. The more we share the more we are all connected.