

SAMPLE SCHEDULES FOR COVID-19

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MONDAY-FRIDAY *SAMPLE*

MORNING PRAYER

Saint of the Day

- **Franciscan Media** Visit franciscanmedia.org/sod-calendar for a calendar of the saints for each day. You can click on the saint for that day and read/listen to their story!

Spiritual Resource

- Here we recommend incorporating one of our recommended spiritual resources to start your morning with faith!
- On page 9 we provide you spiritual resources such as prayer, a few moments in a live stream adoration, visiting Lourdes via live stream where Mary appeared to Bernadette, praise and worship, or more!

9-10AM

Schoolwork

- **Challenge** Each time you complete an assignment, pray a Glory Be!

10-10:15AM

Faith Fitness

Having healthy habits can be difficult, especially when you are stuck in the house. Try this Faith Fitness to get your child(ren)'s heart pumping!

- **Jumping Jesus** How many jumping jacks can you do while you pray the Our Father?
- **Stairway to Heaven** Mary is there to help us get to heaven. How many high knees can you do while you pray the Hail Mary?
- **Lift Up Others** Think of ten people you want to pray for. Do one push up for each of them!

- **Glorious Sit Up** How many sit ups can you do while you pray the Glory Be?
- Optional Backyard Activity: Guardian Angel Relay Race Your Guardian Angel is always by your side. Whose will fly faster? Race your siblings to see who will win!

Think you can beat your record? Try it again!

10:15-11:30

Schoolwork

- **Challenge** Each time you complete an assignment, pray a Glory Be!

11:30-1PM

Lunch

- **Prayer Before Meals** Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.

Uplifting Activity

- It is important that, though stuck indoors, we provide our child(ren) with opportunities to learn more about people, places, and events within our communities, state, country, and world. See our Uplifting Activities Resource page (pg. 11) to find all the places your child can visit from home!

1-3PM

Schoolwork

- **Challenge** Each time you complete an assignment, pray a Glory Be!

3-4PM

Learn at Home

- Sometimes it is important to provide our child(ren) with ways of learning outside the classroom norm. Visit our Learn at Home resource page (pg. 13) with different academic resources available to you for continued academic growth!

4-6PM

Dinner

- **Prayer Before Meals** Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.
- **Family Fellowship** We all know sometimes planning and preparing dinner can be a hassle. Try using this time to bond even more with your child(ren)! Assign them certain tasks to help you prepare and cook dinner. Have them set the table so that you can all eat together and discuss your day, something new that they learned, etc. Do the dishes together to some music in the background to make this chore more fun and a memorable wrap up to your evening.

7-8PM

Faith Formation

- **Family of Faith** With more freedom in our day-to-day schedules, let us use this opportunity to grow in the faith together with our child(ren).
- See our Faith Formation Resources page (pg. 12) for all the ways you can continue your child(ren)'s faith formation from home!

BEFORE YOUR HEAD HITS THE PILLOW

Family Prayer

- **A Quick Thank You** Come together as a family and say a quick prayer before bed, thanking God for another day. See if there is anyone your child(ren) would like to pray for.
- **Sample Bedtime Prayers**
 - **Now I Lay Prayer** Now I lay me down to sleep, I pray the Lord my soul to keep. If I should die before I wake, I pray to God my soul to take. If I should live for other days, I pray the Lord to guide my ways. Amen.

- **Angel of God Prayer** Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.

- **Watch, O Lord Prayer** Watch, O Lord, with those who wake, or watch or weep tonight, and give Your angels charge over those who sleep. Tend Your sick ones, O Lord Jesus Christ; rest Your weary ones; bless Your dying ones; soothe Your suffering ones; pity Your afflicted ones; shield Your joyous ones; and all for Your love's sake. Amen.

RESOURCES FOR FAMILIES & FAITH FORMATION

SATURDAY *SAMPLE*

Despite not having to physically go to school, your child(ren) will be realizing that this is not a vacation. With this realization, they will be looking forward to the weekend. We encourage you to use your Saturday to really focus on Family Fun!

MORNING

Breakfast

- **Prayer Before Meals** Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.

FAMILY FUN

Uplifting Activity

It is a challenge to get your child(ren) out of the house and exploring without them actually getting out of the house! Here are some virtual resources to help your child(ren) still explore new things!

Lenten Prayer Chain Activity

A prayer chain puts our prayers in a tangible form. For children, this can be a good way to teach about the different types of prayer.

Simply take four different colors of construction paper and cut them into strips. Designate a type of prayer for each color (see suggestions below). Give your children or students three strips of paper of each of the four colors and have them write that type of prayer on them. Make additional strips of paper available if they want to add more prayers for a type.

<https://young-catholics.com/860/lenten-activities-make-a-prayer-chain/>

Game Time

Use your Saturday to focus on fun and friendly rivalry. Pull out your board games, cards, and other games for the whole family to play. Think of fun rewards or prizes to the person that is the first to win (five) times!

Examples: picks a movie for the night, doesn't do dishes, etc.

BEFORE YOUR HEAD HITS THE PILLOW

Family Prayer

- **A Quick Thank You** Come together as a family and say a quick prayer before bed, thanking God for another day. See if there is anyone your child(ren) would like to pray for.

- **Sample Bedtime Prayers**
 - **Now I Lay Prayer** Now I lay me down to sleep, I pray the Lord my soul to keep. If I should die before I wake, I pray to God my soul to take. If I should live for other days, I pray the Lord to guide my ways. Amen.

 - **Angel of God Prayer** Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.

 - **Watch, O Lord Prayer** Watch, O Lord, with those who wake, or watch or weep tonight, and give Your angels charge over those who sleep. Tend Your sick ones, O Lord Jesus Christ; rest Your weary ones; bless Your dying ones; soothe Your suffering ones; pity Your afflicted ones; shield Your joyous ones; and all for Your love's sake. Amen.

RESOURCES FOR FAMILIES & FAITH FORMATION

SUNDAY SAMPLE

Please read the Bishop's Decree of Dispensation below in regards to Sunday Mass amidst the COVID-19. If you decide it is in the best interest of your family to stay home on Sunday, here are some ways you can still honor the Lord's Day. We encourage you to use your Sunday to really focus on the Family and setting time aside for God!

BISHOP'S DECREE OF DISPENSATION

On March 11, 2020, I granted a dispensation from the obligation to attend Mass on Sunday for those members of the Faithful who are sixty years of age and older as well as those suffering vulnerable health conditions.

*Due to new instructions provided by State and local public health officials, I now extend this dispensation to include **all** members of the Catholic Faithful from the obligation to attend Mass on Sunday. This dispensation will continue until further notice.*

In granting this dispensation I remind the Catholic Faithful to properly observe the third commandment, Keep Holy the Lord's Day. The Catechism of the Catholic Church teaches us: On Sundays and other holy days of obligation, the faithful are to refrain from engaging in work or activities that hinder the worship owed to God, the joy proper to the Lord's Day, the performance of the works of mercy, and the appropriate relaxation of mind and body. Family needs or important social service can legitimately excuse from the obligation of Sunday rest." (CCC, 2185)

All the Faithful should seek with greater intention to consecrate the day with prayer and attention given to building up the family.

I encourage the faithful to offer a rosary on Sundays for the intention of all those afflicted by the virus, COVID-19 as well as for the sanctification of the Faithful and Clergy during this Lenten Season. I recommend a family

recitation of the rosary as a healthy and holy practice during Lent as well as throughout the year.

I instruct the pastors of parishes in the Diocese to educate the faithful about this dispensation as well as other public health precautions to be observed at this time. Pastors are to continue offering Sunday Mass for those members of faithful who desire and are able to attend. If possible, the pastors should maintain the regular Sunday schedule of Masses.

Please pray for those afflicted with COVID-19, their families, and all caregivers. May intercession of our Blessed Mother Mary bring us the healing mercy and grace of her Son, Jesus.

+Jaime Soto

Bishop of Sacramento

SUNDAY MORNING

Breakfast

- **Family Breakfast** Use Sundays as your day for a wholesome and delicious breakfast. Have your child(ren) help you make the pancakes, eggs, bacon, or whatever it may be! We encourage you to eat this meal together.
- **Prayer Before Meals** Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ, our Lord. Amen.

WAYS TO HONOR THE LORD'S DAY FROM HOME

Livestream Mass!

Several churches are live streaming their mass so that people can participate from home! Did you know there is something called the Act of Spiritual Communion?

- **Live Streaming Mass** During communion, though you cannot receive in person, you can receive a spiritual communion by saying the following prayer (we recommend praying this together as a family):

- **Act of Spiritual Communion** My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.
- **Comunion espiritual: Oración para hacer una comunión espiritual**
 Creo Señor mío que éstas realmente presente en el Santísimo Sacramento del altar. Te amo sobre todas las cosas y deseo ardientemente recibirte dentro de mi alma; pero, no pudiendo hacerlo ahora sacramentalmente, ven al menos espiritualmente a mi corazón. Y como si te hubiese recibido, me abrazo y me uno todo a Ti; Oh Señor, no permitas que me separe de Ti. Amén.

Live Stream Masses:

- **CatholicTV.org** > <http://www.catholictv.org/schedule>
- **Live Stream with the Dominican Friars:**
<https://livestream.com/accounts/2079966/events/9039896>
- **Spanish mass from the Vatican** Direct TV channel 456 at 5:00PM
<https://www.directv.com/Channels/ESNE-PIO-456>
- **1240AM Radio Santisimo Download**
 App-<https://apps.apple.com/us/app/radio-sant%C3%ADsimo/id1133626761>
- **1240AM Radio Santisimo website** <https://radiosantisimosacramento.com/>
- El Sembrador Ministries -
<https://elsembradorministries.com/esne-mobile/live/cobertura-tv-y-radio.html>
- **St. Patrick's Cathedral** Live Mass from St. Patrick's Cathedral in New York <https://saintpatrickscathedral.org/live>
- **San Fernando Cathedral** Live from San Fernando Cathedral in San Antonio, Texas.
https://catholicearth.com/index.php?option=com_content&view=article&id=125&Itemid=101

Read & Reflect from Home

If you do not feel like or are unable to live stream mass, we encourage you to read Sunday's readings together as a family and reflect upon them. When finished, you can pray together to make an Act of Spiritual Communion:

- **Act of Spiritual Communion** My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.
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How to find the readings for Sunday:

- Get the **Laudate App** > Click on "Daily Readings"
- Visit **usccb.org** > Click on the date in the calendar located on the right under "Daily Readings"
- **Oraciones en video**- Daily reading in Spanish www.oracionesenvideo.com

Praying a Rosary for the Sick

Bishop Soto encourages the faithful to offer a rosary on Sunday for those afflicted by the virus. We encourage you to pray a rosary together as a family on this day.

El Obispo Soto invita a todos los fieles a ofrecer un rosario en domingo para todos los afectados por el virus.

Santo Rosario- dejar que nos niños guíe el rosario y hagan las peticiones en cada misterio con el apoyo de los padres de familia.

Spend Time with Family

Bishop Soto says, “*All the Faithful should seek with greater intention to consecrate the day with prayer and attention given to building up the family.*”

We encourage you to do so through prayer, activities, games, and other fellowship.

BEFORE YOUR HEAD HITS THE PILLOW

Family Prayer

- **A Quick Thank You** Come together as a family and say a quick prayer before bed, thanking God for another day. See if there is anyone your child(ren) would like to pray for.
- **Sample Bedtime Prayers**
 - **Now I Lay Prayer** Now I lay me down to sleep, I pray the Lord my soul to keep. If I should die before I wake, I pray to God my soul to take. If I should live for other days, I pray the Lord to guide my ways. Amen.
 - **Angel of God Prayer** Angel of God, my guardian dear, to whom God’s love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.
 - **Watch, O Lord Prayer** Watch, O Lord, with those who wake, or watch or weep tonight, and give Your angels charge over those who sleep. Tend Your sick ones, O Lord Jesus Christ; rest Your weary ones; bless Your dying ones; soothe Your suffering ones; pity Your afflicted ones; shield Your joyous ones; and all for Your love’s sake. Amen.

SPIRITUAL RESOURCES

- **Lourdes Live Stream** Spend time before Our Lady and implore her intercession by visiting her at Lourdes! This is also a great resource for your Sunday family rosary! Visit www.directfromlourdes.com/lourdes_live_tv
- **Formed** If your parish is part of www.formed.org, this is an excellent resource for continued spiritual growth, movies on the lives of saints, and much more!!
- **Dominican Friars: Province of the Most Holy Name of Jesus** Join the Friars for virtual adoration, Stations of the Cross, Liturgy of the Hours, and more! <https://www.opwest.org/coronavirus/>
- **Daily Rosary in Spanish:** on Direct TV ESNE channel 456 at 3:00PM
- **Rezo del Santo Rosario:** Direct TV ESNE canal 456 a las 3:00 PM
- **Padre Sam** <https://www.padresam.com/evangelio-diario/>

UPLIFTING ACTIVITIES

Jackie's section

- **Virtual Museum Tours** Check out these twelve famous museums that offer virtual tours!
<https://www.parents.com/syndication/museums-with-virtual-tours/>
- **Live Symphonies** View live symphonies from your home!
<https://seattlesymphony.org/live>
- **Catholic Family Resources** Articles and activities from Loyola Press for kids and teens. <https://www.loyolapress.com/our-catholic-faith/family>
- **Virtual Field Trips, Screen-free Activities, & More**
<https://docs.google.com/presentation/d/1Sgk9Pq5eCRJFvnjM9PNdei21z5-A06l0-bJqFE7n25o/mobilepresent?slide=id.p>

FAITH FORMATION RESOURCES

Dynamic Online Resources

- **Formed** If your parish is part of www.formed.org, this is an excellent resource for continued spiritual growth, movies on the lives of saints, and much more!!
- **Catholic Online School** From daily readings, to grade-specific lesson plans, to saint stories, novenas and more, this invaluable resource has all you could ever need to provide your child(ren) with structured faith formation and fun while they are at home!
<https://www.catholiconline.school/collections>
- **Bible for Children** Printable art activities, available in multiple languages online resource
<https://www.bibleforchildren.org/languages/english/stories.php>
<https://www.bibleforchildren.org/languages/spanish/stories.php>
- **Lent: Pray, Fast, Give Printable**
<https://www.looktohimandberadiant.com/2017/02/lent-pray-fast-give-printable.html>
- Lent Study Guide: <https://www.abidingtogetherpodcast.com/studies>

Return of the Prodigal Sone (Lent 2020)

From the Publishers

- **Faith & Life** Faith & Life by Ignatius Press is an excellent faith formation curriculum that is also available online! With lessons that include prayer, games, quizzes, and more, this is an excellent and convenient way to continue your child(ren)'s faith formation from home!
<https://www.ignatius.com/promotions/faithandlife/>
- **Sophia Institute** This incredible resource offers free lessons and activities to help families whose children are on home-study due to the Corona Virus. This is a great resource to get ahold of ready-to-go lessons!
https://sophiainstituteforteachers.org/elesson/free-current-events?utm_source=mailchimp&utm_medium=email&utm_campaign=covid

- **My Catholic Faith Delivered** This online platform has a multitude of series and resources for your child(ren) and the family!
<https://www.mycatholicfaithdelivered.com/home.aspx?pagename=Courses>
- **Loyola Press** In light of the current situation, we would like to remind you that as a Finding God or Christ Our Life customer, you have numerous, free, at-home. Parents can always access at-home resources at www.findinggod.com/family and www.christourlife.com/family. Family resources available, including at-home, parent-led lesson plans.
- **Sadlier** Sadlier offers online resources for parents, catechists, and parish catechetical leaders free of charge with no login necessary. Everyone has access to these resources whether or not they are current Sadlier customers. <https://religion.sadlierconnect.com/login.html> or contact sbacon@sadlier.com
- **St. Mary's Press** There are online resources for the parishes using St. Mary's Press materials. The at home guides as well as e-books and a few other supportive materials are available, including support for parents who will teach from home. For anyone using St. Mary's Press, please contact us directly for access to the online support of materials to be able to work from home. The ministry care team direct line is 1-800-533-8095. www.smp.org
- **RCL Benziger** If a parish uses Blest Are We or Be My Disciples program, they have access to an online free e-book for both students and catechists. If you need help getting this setup please contact Jennifer Vargas-Stolper, RCL Benziger Parish Sales Representative at 626-893-6976 or jvargas@rclbenziger.com Free online catechetical resources that are liturgically based available here:
<https://www.rclbenziger.com/catholic-resources>
- **Lectionary Resources** There are also lectionary resources available for primary, intermediate, and Jr high levels. There are Gospel Reflections that are designed to be used with families and intergenerational settings. There are also questions of the week that are lectionary based. This wonderful resource is available for free as well.
<http://rclblectionary.com/>
- **Our Sunday Visitor** *Alive in Christ* Parish Digital Books and Home Lesson Plans. You can access the digital books by going to the Student & Family Tab of AIC <http://aliveinchrist.osv.com/family>

- **Pflaum** During the current health crisis caused by COVID-19, Bayard is providing the texts of the Sunday liturgies to you free of charge as an aid to worship, especially for those who cannot attend Sunday liturgies because of illness or because they have been cancelled. While this is not a replacement for actual attendance at a Sunday Mass, it will allow you to immerse yourself in the Scripture readings and prayers for each Sunday, along with our reflection on the readings. In addition to the liturgies, our editors have compiled a list of resources to help parents provide social caring and interaction during periods of school closure. <https://www.pflaum.com/free-online-resources-to-use-at-home-during-covid-19-outbreak/>
- **OCP** <https://www.ocp.org/en-us/blog/entry/resources-from-home>

LEARN AT HOME RESOURCES

Coronavirus: Explaining & Praying

- **Talking to your kids about the coronavirus**
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/ng-free-subscriptions/>
- **Prayer, Resources, & Information** The Diocese of Bridgeport has compiled excellent resources on praying for those afflicted and affected by the Coronavirus as well as resources for Catholic educators and families.
<https://formationreimagined.org/recommended-sites/parent-resources/>
- **Comic Explaining & Exploring the Coronavirus**
<https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- **Pastoral Response to the Coronavirus**
<http://products.pastoral.center/pc/pc105/1/download-covi/index.html>
- **Francisco ante la emergencia del Covid-19**
<https://www.vaticannews.va/es/papa/news/2020-03/papa-francisco-despues-a-ngelus-unidos-cristo-nunca-solos.html>
- **Es.Catholic.net** <https://www.es.catholic.net/>

Academic Advancement

- **Reading, Writing, Math, STEAM, & More!**
<https://docs.google.com/presentation/d/1Sgk9Pq5eCRJFvnjM9PNdei21z5-AQ6l0-bJqFE7n25o/mobilepresent?slide=id.p>
- **Scholastic** Understanding the difficulty this virus has caused, Scholastic has generously posted free resources for you and your child(ren)!
<https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#>
- **KidsActivities.Com** Here are some great activities to keep your child(ren)'s brains working and challenged in a fun and engaging way!
<https://kidsactivitiesblog.com/135609/list-of-education-companies-offeri>
- **Virtual Museum Tours** Check out these twelve famous museums that offer virtual tours!
<https://www.parents.com/syndication/museums-with-virtual-tours/>

- **Education Companies Offering Free Subscriptions**

http://www.amazingeducationalresources.com/?fbclid=IwAR3QrMH_HKJIYmn30uaeiaELZGE2DoupmvUPIby3I9NV8FPFOaTF530xs8o

- **The Religion Teacher** <https://www.thereligionteacher.com/>

- **Houghton Mifflin Harcourt** Whether you are an educator or family member, we know you want to make learning a priority even when schools are closed. We are here to help you learn, teach, and grow—safely!—anytime and anywhere. If your school or district is closed due to the current outbreak of coronavirus disease (COVID-19), we want to help you continue your students’ education without interruption. Our programs and solutions include digital components, so you can keep teaching and learning no matter where you are.

<https://www.hmhco.com/coronavirus/access-a-platform>

- **Britannica Learn**

https://britannicalearn.com/covid-19-free-resources/?utm_source=Social&utm_medium=Social&utm_campaign=COVID-19%20Free%20LaunchPacks%20Access&utm_term=LaunchPacks&utm_content=COVID-19%20Free%20Access

RESOURCES FOR FAMILIES & FAITH FORMATION

TEMPORAL RESOURCES

Help those who may be experiencing financial burden during this difficult time.

- **Catholic Charities** <https://www.scd.org/catholic-charities-and-social-concerns/catholic-charities>
- **Food Bank** <https://www.sacramentofoodbank.org/>
- **St. Vincent de Paul** <https://www.svdp-sacramento.org/>