

Dear Families,

We appreciate your patience and understanding as we continue transition to distance learning. Our goal is to make sure the different aspects of your child's education are still being met, including their Faith Formation.

As we continue to adapt our programming to our current situation, the following will help you better understand Senior Christian Service guidelines. At this time, we are suspending in-person service to adhere to the recommendations made about social distancing.

Students who anticipated going to a Service Site, starting the week of April 13, should contact their service location and explain that students will no longer be reporting to them.

Students who have completed, logged, and had approved at least 40 hours of Christian Service onto MobileServe their senior year, will have met their hour requirement for Senior Service.

These students should go forward in writing their 5-page reflection paper and pass them into their chosen moderator to be read.

Students who have not completed, logged, and been approved for 40 hours of service will instead practice Spiritual Works of Mercy to meet their service requirement and write a 5-page reflection paper. This paper should include:

**-1-page paper on the value of service**

**-2-page reflection paper on all the service you have done over the last four years**

**-2-page reflection on Spiritual Works and practice over two week period after April Break**

Papers should be submitted by email to your moderators through email by **May 6th**. If you do not have a moderator at this point, please reach out to a faculty or staff member to see if they are available. Make sure to pass this information along to your Theology teacher.

You may choose TWO from the following Spiritual Exercises;

### **Spiritual Exercises**

**-Ignatian Exercises-** <https://www.ignatianspirituality.com/ignatian-prayer/the-spiritual-exercises/>

The Daily Examen- <https://www.ignatianspirituality.com/ignatian-prayer/the-examen/how-can-i-pray/>

For a week, at the end of each day, before you become too tired, review and be mindful of your day and God's work in it through the Daily Examen

**-Stations of the Cross--**

<https://www.youtube.com/watch?v=apAb4HAW3c8&list=PL64578BA118169A75>

<http://www.usccb.org/prayer-and-worship/prayers-and-devotions/stations-of-the-cross/index.cfm>

Choose a form of the Stations of the Cross and pray it each day for 5 days.

**-Liturgy of the Hours-**<https://universalis.com/>

Do this three times within a week.

Choose a day and pray Morning Prayer 6AM (Lauds), Mid-Morning Prayer 9AM (Terce), Midday Prayer 12noon (Sext), Afternoon Prayer 3pm (None), Evening Prayer 6pm (Vespers), and Night Prayer 9PM (Compline)

**-Meditation-**

[https://www.youtube.com/watch?v=rZb5fN\\_YEbQ&t=224s](https://www.youtube.com/watch?v=rZb5fN_YEbQ&t=224s)

Find a quiet place, and take part in this meditation exercise for 5 days. Be mindful of the exercise, and your breathing.

### **-Rosary**

Pray the Rosary with your family for five days in a row, noting and reflecting on the Mysteries, and offering it up for those you feel are most in need. <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>

**-Write a Prayer Service-** Write out your own Lenten Prayer Service and make a focus of it those you feel are most in need. Include readings, psalm, reflection, and music. Pray this and reflect on it with your family.

### **-Lectio Divina**

Look up the Gospel readings for each day over 5 days, and spend a few minutes reading that passage and asking God how it applies to you and your life. *Read, Pray, Meditate, Contemplate, Live it out;* <http://www.usccb.org/calendar/index.cfm?showLit=1&action=month>

**-Read and reflect or watch the following over a 5-day period (1 a day, choose any of the following options)**

*-What I Learned about Justice from Dorothy Day*

<https://www.uscatholic.org/culture/social-justice/2009/02/what-i-learned-about-justice-dorothy-day>

*-Thomas Merton and the Seasons of Solitude and Love*

<http://www.ijhssnet.com/journals/Vol. 1 No. 9 Special Issue July 2011/26.pdf>

*-Quest for the True Self- Thomas*

Merton [https://www.researchgate.net/publication/311338989\\_Thomas\\_Merton\\_The\\_true\\_self\\_and\\_the\\_quest\\_for\\_justice/link/58421e6e08ae2d217561514e/download](https://www.researchgate.net/publication/311338989_Thomas_Merton_The_true_self_and_the_quest_for_justice/link/58421e6e08ae2d217561514e/download)

*-Confessions- Saint Augustine*

*Excerpts from Book VIII, Conversion*

[https://www1.villanova.edu/content/villanova/mission/office/programs/pellegrinaggio/jcr\\_content/pagecontent/download\\_4/file.res/confessions\\_viii.pdf](https://www1.villanova.edu/content/villanova/mission/office/programs/pellegrinaggio/jcr_content/pagecontent/download_4/file.res/confessions_viii.pdf)

*-The Value of a Funeral-* <https://www.youtube.com/watch?v=HCC2dsed-Oo>

Watch the following video and reflect on the value of a funeral and a Catholic burial. Have you ever been to a funeral? What from that experience stands out to you having now watched this video?

*-Stream and take part in the*

Mass- <https://www.youtube.com/user/CatholicTV> or <https://www.ewtn.com/catholicism/daily-readings>

Reflect on how watching the mass is different from being physically present. How does this compare to places where the Mass is not easily available to the faithful?

If you have any questions, please contact:

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