

opusdei.org

The Stronger Faith We All Need

To strengthen our spiritual life during this global crisis, here are some resources that could help. Check back for daily updates.

06/27/2020

LATEST

► For Saint Josemaria's feastday, Monsignor Fernando Ocáriz celebrated Mass in the Prelatic Church of Our Lady of Peace where the founder of Opus Dei is buried. A

small group of faithful participated in the celebration. The Eucharistic Sacrifice was offered for the faithful of the Work, relatives and friends who have died during the pandemic. **Here is the full text of the Prelate's homily.**

► Did you know that **Pope Francis just added 3 new titles to the Litany of Loreto** that is often prayed at the end of the rosary?

► In his 24 June General Audience, Pope Francis continued his catechesis on prayer, speaking about **the prayer of David, calling it "the golden thread running through his life."**

► A **new, illustrated biography of Saint Josemaria** is being published by the St. Josemaria Institute, with over 300 photos (including unpublished ones), maps, infographics and autograph texts.

► In our podcast's latest episode, **Oscar-nominee® Timothy Reckart** talks about how to get the creative juices flowing, why you shouldn't read the news when creatively problem-solving, and why it's a good idea to talk movies over with friends after you see one.

► In his June 19th letter, **Monsignor Ocariz** invites us to ask our Lord for a heart like His, so that we can bring peace to those around us.

► This month, we will celebrate Saint Josemaria's feastday on the anniversary of his death. **Check out some clips of his preaching that have just been remastered and can be viewed with a much higher visual and audio quality.**

► Do your June recollection at a distance with the **June Recollection Kit.**

FOLLOW THE POPE

- ▶ **This link** is updated every week with the Pope's general audience on Wednesdays.
- ▶ At **this link**, you can always access the following (all times Rome time): the Pope's general audience (every Wednesday at 9.30 AM) and the Angelus (every Sunday at 12 noon).
- ▶ **Latest updates about the Pope.**

.....

FROM THE PRELATE

- ▶ **Holiness Through Work (2020)** is a book offers reflections on the sanctification of work and includes a transcript of a discussion between university professors and Monsignor Ocariz, the Prelate of Opus Dei.

► **Monsignor Fernando Ocáriz speaks about Saint Josemaria's pilgrimage to Our Lady of Guadalupe in Mexico in May 1970**
to pray for the Church and the whole world:

► **Letter from the Prelate (15 May 2020)**: As the lockdown begins to be lifted in many places, Monsignor Fernando Ocáriz encourages us to show others the attractiveness of being Christ's disciple with our own lives.

► **Audio Meditation of the Prelate: "Mary's Friendship"**:

► **Audio Meditation of the Prelate: "Mother of God and our Hope"**:

► A **message of encouragement** from Mons. Fernando Ocáriz in light of the pandemic.

HOLY MASS

- ▶ Here are some **links to online Masses** which may be useful while there are no public Masses in churches.
- ▶ **6 tips for living the Mass better** under the present circumstances.
- ▶ A reflection on the **spiritual communion** that Saint Josemaría often prayed.

UNDER EXTRAORDINARY CIRCUMSTANCES

- ▶ **The Fundamental Right to Hope:** Pope Francis said in his homily at the Easter Vigil: “Jesus’ hope is different. He plants in our hearts the conviction that God is able to make everything work unto good, because even from the grave he brings life.”
- ▶ Many are having difficulty accessing the sacraments. Here is an article to help you work through this

situation: **Confession: a God Who Runs to Meet Us.**

► **Note from the Apostolic Penitentiary on Confession** about the gravity of the present circumstances.

► **Decree of the Apostolic Penitentiary on the possibility of special indulgences** to the faithful in the current pandemic.

► **What is a Plenary Indulgence?**
#Covid-19

.....

ACCOMPANY THE SICK

► **Prayers to Pray with the Sick:** A free booklet that provides helpful reading and prayers for family and caregivers of those who are dying or gravely ill.

► This **Novena for the Sick** is a way to pray with Saint Josemaría for all those who are suffering illness.

► **Caring for the Elderly When They Need It Most**: Reflections about taking care of people who are transitioning from independence to assisted living, either at home or in a facility.

► **Ideas from Pope Francis about caring for the sick in our families.**

INSPIRATION FOR MAKING GOOD USE OF TIME

► **"What more can I do?"**: As we face a global health crisis, we may find ourselves feeling helpless or at a loss about the best ways to respond or react. What difference can one person really make to improve such a complex situation? The example of Joanna from Singapore shows that knowledge of one's personal circumstances, a network of good

friends, and a bit of initiative can go a long way.

► **The Creativity of Love**: From the Philippines to Argentina and Poland, these stories are just a sample of where creativity at the service of charity can lead us in our current adverse circumstances.

► **The "Covid Backliners"** A husband and wife team in the Philippines coordinate an emergency supply chain of food and medical supplies to support their local hospitals and essential services. It all began with a simple question: what can we do to help?

► **A Wedding During the Pandemic**: An uplifting story about a couple who decided to still go ahead and get married despite the lockdown forcing them to reduce their wedding guest list to four people.

► **St. Josemaria: Tips For Getting Along**: Maintaining family peace is not always easy if you have to spend 24-hours under the same roof. Here's some food for thought from the "saint of ordinary life".

► **Ideas for supporting one another and maintaining friendships** at a distance.

► **Five Remedies Against Sadness**. We have all been sad at one point. Is there a trick for overcoming sorrow and recovering our smile?

► **Snow-covered Volcanos**: Did you know Saint Josemaria spent months in forced confinement during the Spanish Civil War?

► **Podcast for young people**: Listen to fellow peers who are finding ways to take advantage of this period in the best possible way. Tune in now to **Corona: Use it, Don't Lose it**.

.....

AUDIO MEDITATIONS

► A selection of meditations by different priests of Opus Dei to "inflame" your prayer, wherever you are.

Looking for shorter options?

► **10 Minutes with Jesus:** Daily podcast reflections to inspire your prayer.

GOSPEL COMMENTARIES

► Here you can read a **commentary on Sunday's Gospel.**

.....

.....

pdf | document generated
automatically from [https://opusdei.org/
en-uk/article/strengthen-faith-
coronavirus-time/](https://opusdei.org/en-uk/article/strengthen-faith-coronavirus-time/) (01/26/2026)