

# Personal and Family Prayer.

In this time of crisis, we are providing Catholics with access to a range of resources for personal and family prayer. In particular, we hope that Catholics in social isolation can gain a sense of prayerful solidarity with their local school and parish communities and the whole Body of Christ.

Feel free to print resources and give them to your friends, family and community, particularly those who do not have access to the internet.

The resources available include:

- Access to the daily readings
- Access to the daily Missal texts
- Sunday Prayer Services (Liturgy of the Word and weekly prayer sheets)
- Scripture commentary, homily and reflection for Sunday and Special Feasts
- Sunday Prayer of the Church
- Sunday Universal Prayer
- General prayer – traditional, prayers to Our Lady and litanies
- Sunday Gospel based children's activities and word games



## Diocese of Portland

To access these free resources, go to:  
[liturgyhelp.com/usa/portland/pray](http://liturgyhelp.com/usa/portland/pray)

**Register as a new user**  
Complete your details (name & email address), confirm the user agreement, and click 'Register and Login'.

**Registered already?**  
Just enter your email address and click 'Login'.



For help, ideas and updates, follow us:  
[facebook.com/LiturgyHelp](https://facebook.com/LiturgyHelp)



**Liturgy Help.**  
ONLINE LITURGY RESOURCE.