



Lockdown Light

A weekly series bringing 'light' to this time of lockdown...

Weekly resource series for parishioners

Recognising that many of our parishioners can't stomach another sourdough starter or simply don't have the appetite for another project, but may be interested in some accessible and spiritually nourishing resources, we continue to offer parishes Lockdown Light—a weekly series seeking to bring 'light' to this time of lockdown.

Each week, we'll send a few suggestions of resources parishioners can dip into to inspire them during lockdown in the form of parish bulletin notices. Each notice will be provided both in a text-only format and as an image that can be copied and pasted into bulletins.

We hope this small offering will be something to help unite and nourish parishioners, reminding them that while we remain physically separated, we are united through a God who is always present and close to us—especially during difficult times.

Bulletin notice (Week four)

Download a [bulletin notice image here](#) or copy and paste the text below.

Lockdown Light—week four

A weekly series bringing 'light' to this time of lockdown ...

Well and truly done with sourdough starters? Not interested in another DIY project? To help fill the void during lockdown, each week we'll suggest some inspiring content to bring 'light' to this difficult time. Pop on the kettle and check out the recommendations below.

Podcasts for Christian living: Parents of the Saints—How Did They Do It?

In this podcast, Jason Evert speaks with Patrick O'Hearn about his new book 'Parents of the Saints: The Hidden Heroes Behind Our Favourite Saints', offering key insights into the families of popular saints. Listen at www.bit.ly/ChristianLiving4

Getting to know your Bible: Praying with Scripture

Getting Started: In this short video, Fr James Martin SJ introduces us Lectio Divina—a way of praying with the Bible that helps us listen to God. Watch at www.bit.ly/BibleGettingStarted4

Going Deeper: Pray as You Go is an online prayer tool that provides a guided contemplation of each day's Gospel passage. Set aside 10-15 minutes, find a comfy space and visit www.bit.ly/BibleGoingDeeper4

Bulletin notice (Weekly series)

Download a [bulletin notice image here](#) or copy and paste the text below.

Lockdown Light—a weekly series

A weekly series bringing 'light' to this time of lockdown ...

Well and truly done with sourdough starters? Not interested in another DIY project? To help fill the void during lockdown, each week we'll suggest some inspiring content to bring 'light' to this difficult time. Pop on the kettle and check out the recommendations at www.bit.ly/LockdownLight



CATHOLIC ARCHDIOCESE
OF MELBOURNE

You have received this email as a parish, priest, deacon or staff member of the Catholic Archdiocese of Melbourne or as a subscriber to this e-newsletter.

Was this email forwarded onto you? [Subscribe here](#).

Contact us:

Proclaim: Office for Mission Renewal

Catholic Archdiocese of Melbourne

proclaim@cam.org.au | www.melbournecatholic.org

The Archdiocese is committed to the safety, wellbeing and dignity of all children and vulnerable adults.

