

**The Chapel of the Cross Spiritual Life Committee has curated a collection of online resources for faith and prayer at home. This is an abridged version for Holy Week and Eastertide.**

## **Daily Prayer**

**Forward Movement**, a ministry of the Episcopal Church, provides daily prayers and podcasts:  
<https://prayer.forwardmovement.org>

**A Morning at the Office** is a podcast featuring Episcopal Morning Prayer:  
<https://amato.podbean.com>

**Pray as you go and Pray as you stay (at home):**  
<https://pray-as-you-go.org>  
<https://pray-as-you-go.org/article/pray-as-you-stay-week-1>

## **Centering Prayer**

**Centering Prayer App**  
<https://www.contemplativeoutreach.org/centering-prayer-mobile-app>

**Mepkin Abby** is a community of Roman Catholic monks in Charleston, SC. They are offering meditation and Centering Prayer opportunities each Tuesday & Thursday at 8 am & 8 pm through April 30. The Zoom Links are listed below and they are the same links for each week. All Are Welcome !!!

- **TUESDAY LINKS**
- 8:00 **AM** TUESDAY CENTERING PRAYER ZOOM LINK - <https://zoom.us/j/372179245>
- 8:00 **PM** TUESDAY CENTERING PRAYER ZOOM LINK - <https://zoom.us/j/501846252>
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- **THURSDAY LINKS**
- 8:00 **AM** THURSDAY CENTERING PRAYER ZOOM LINK - <https://zoom.us/j/234864051>
- 8:00 **PM** THURSDAY CENTERING PRAYER ZOOM LINK - <https://zoom.us/j/928947435>

**Contemplative Outreach** is a network of individuals and small faith communities inspired by Thomas Keating.  
<https://www.contemplativeoutreach.org>

## Meditations and Miscellaneous

**Bird Song Opera** (a whimsical rendition of *The Magic Flute*)

<https://vimeo.com/243312820?ref=em-share>

**Presiding Bishop Michael Curry** co-hosts a podcast focused on *The Way of Love*

<https://wayoflove.episcopalchurch.org>

The **Society of St. John the Evangelist**, a monastic community in Cambridge, Massachusetts, provides free, daily meditations and an evening Compline service at <https://www.ssje.org> and <https://www.ssje.org/chapel/>

The **Center for Action and Contemplation**, founded by Franciscan priest Richard Rohr, has **podcasts, daily prayers, and more** at <https://cac.org>

## Poetry

**Pandemic by Lynn Ungar**

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?

To read the full poem, go to <http://www.lynnungar.com/poems/pandemic/>