



DIGITAL RESOURCES

USEFUL LINKS AND ONLINE
RESOURCES TO HELP YOUR
PRAYER JOURNEY WHILE AT
HOME

PRAY BY DAY APP

Developed by Kairos, this app helps foster daily prayer and has some praise and worship and meditation options.

[Install HERE](#)

LAUDATE PRAYER APP

Laudate is a comprehensive app offering Catholic readings, meditations, and prayers, among other Catholic-based rituals.

[Install HERE](#)

PAST P.O.H. PRAYER MEETINGS ONLINE

We have many different audio resources for our past People of Hope prayer meetings, retreats, and other special events on our website.

[Learn more HERE](#)

DAILY ROSARY

Join in praying a digital rosary with ManyHailMarysAtATime

"We pray together. The Rosary meditation is the greatest life secret. We pray it every day at 6:45am, 12pm, 8pm central time"

[Instagram HERE](#)

SOCIAL DISTANCING

"I'm a nun and I've been social distancing for 29 years. Here are tips for staying home amid coronavirus fears."

[Article HERE](#)