

Daily Mass readings and Reflections

Bible Alive booklet - The essence of Bible Alive are the daily reflections. Also feature articles covering a wide array of subjects, profiles and interviews on matters relating to living the Christian faith today. Booklets available by post. Cost £29.99 for one year, 1 month free trial.

<https://shop.alivepublishing.co.uk/subscription/freeTrial>

The Magnificat booklet offers daily psalms and prayers for both morning and evening, drawn from the Divine Office, the prayer of the Church. The official texts of daily Mass are given, with the readings drawn from the familiar Jerusalem Bible Lectionary. Cost £33 per year

A Bible Diary offers daily readings and reflections. Available now for 2021, cost £10.96 Produced by Redemptorist publications.

<https://www.rpbooks.co.uk/bible-diary-2021>

Sacred Space App available for download from the App store/Google Play. We invite you to make a 'Sacred Space' in your day, praying here and now, as you visit our website, with the help of scripture chosen every day and on-screen guidance.

<https://www.sacredspace.ie>

Universalis: Low-cost one-off payment [Android £9.99, iPhone £10.99; purchase covers all your compatible Android/iOS devices]. Can be downloaded to a phone or computer (Windows or Mac). Contains Daily Masses with all the readings, using the official texts, the office of readings, morning and evening prayer, the Angelus, the Rosary. ... Under the heading 'Readings at Mass' there is usually a commentary for each of the day's readings.

<https://universalis.com/n-apps.htm>

Bishop Barron; daily reflection on one of the days readings. Available on the internet at

<https://dailycatholicgospel.com/sign-up-daily-gospel>

Bishop Barron Sunday Homilies

Audio only usually available before the weekend.

<https://www.wordonfire.org/resources/homily>

Bishop Barron videos

Includes some Sunday Homilies – usually available after the weekend

<https://www.youtube.com/user/wordonfirevideo>

Catholic Daily Reflections

My Catholic Life! presents the beauty and splendour of our Catholic faith in a down to earth and practical way. Enjoy daily reflections, Q&A, online books, prayers, inspiring quotes and more. May these free resources assist you on your journey of personal conversion!

<https://catholic-daily-reflections.com>

Richard Rohr's Daily Meditation

Richard Rohr's Daily Meditations are free email reflections sent every day of the year. Each meditation features Richard Rohr and guest authors reflecting on a yearly theme, with each week building on previous topics—but you can join at any time!

<https://cac.org/category/daily-meditations/>

Scripture reflections.

According to Thy Word, a booklet specially produced as we journey through this Year of the Word – The God Who Speaks. Mgr Keith Barltrop takes us on a journey through six ancient Titles of Our Lady, helping us to discover the many and marvellous ways in which Mary, as Mother and Sister on our pilgrim way, is our sure guide. Cost approx. £3 from the presbytery. Also available to download free of charge.

Faith Sharing Reflections on the Sunday Gospel books produced by RENEW International. These books are available for Cycles A, B and C and are best used by a group.

Prayer resources

Prayer booklet - produced by Ian and Sara Nash for our church, with a range of suggestions.

Click to Pray

<https://mail.google.com/mail/u/0/?tab=wm&ogbl#inbox/FMfcgxwJZJWQPDnBnWtbghRCMJGgcxG>

Pray as you Go App

[available from Google Play Store/Apple App Store]

Pray As You Go is a daily prayer session, designed to go with you wherever you go, to help you pray whenever you find time, but particularly whilst travelling to and from work, study, etc. A new prayer session is produced every day of the working week and one session for the weekend. It is not a 'Thought for the Day', a sermon or a bible-study, but rather a framework for your own prayer. Lasting between 10 and 13 minutes, it combines music, scripture and some questions for reflection.

<https://pray-as-you-go.org>

Websites

Diocesan website

The Diocese of Westminster Faith Formation area website

<https://rcdow.org.uk/faith/faith-formation/>

Vatican newsletter

<https://www.vaticannews.va/en/vatican-city/news/2017-12/newsletter.html>

You can subscribe to the Vatican Newsletter and receive it regularly by email by registering at the following webpage:

<https://www.vaticannews.va/en/newsletter-registration.html>

Catholic Herald

<https://catholicherald.co.uk>

A free subscription gives you access to 4 articles per month.

A Digital All subscription gives you full access and costs £45 per year

Pathways to God

A range of resources produced by the Jesuits in Britain

<https://www.pathwaystogod.org/resources>

Mount Street Jesuit Centre

<https://www.pathwaystogod.org/org/mount-street-jesuit-centre>

Scroll down the webpage to links for various resources, for example, Faith Formation Resources

(<https://www.pathwaystogod.org/org/mount-street-jesuit-centre/resources>) which includes some

talks by Brian Purfield.

Shalom World TV

SHALOM WORLD is a Catholic, commercial-free, 24/7, HD family entertainment channel, reaching out to the world with the Truth and Peace that can only be found in Jesus Christ!

There is also an App available for Android and iPhone: <https://www.shalomworld.org>

EWTN

Not just a Catholic Live TV channel. There are video animations for kids of all ages, news items, videos, radio, shop for books, DVDs and CDs, Lives of the Saints and more.

<https://www.ewtn.co.uk>

Alpha

Alpha is an 11-week course that creates a space, online or in person, where people are excited to bring their friends for a conversation about faith, life and God. You will need to Sign up to have access to the videos and other course materials, but it is free. Best used with a small group but videos can be watched by individuals [The Alpha Film Series is also available on YouTube].

<https://www.alpha.org/>

Guidance on using Zoom for an online Alpha Course

https://www.alpha.org/wp-content/uploads/2020/03/Run-Alpha-Online_Zoom.pdf

Search and Study

This website gives you easy access to the Bible and church documents including the catechism, councils, popes, fathers etc. You can reach them by browsing, searching or by reference eg "Jn 3:16" or "CCC1234" or "hope in CCC" or "DV" will all take you to the expected result.

<http://searchandstudy.org/>

Bible Apps

Olive Tree Bible Software

This is a free Bible Study App that does not require internet connection once you have downloaded and installed it. There are several free Bible versions and bible study tools that can be downloaded. Some versions need to be purchased e.g. NRSV (\$9.99) and some of the Commentaries are quite expensive but worth it if you want to compare versions, see the original Greek, get lots of in-depth commentaries. You can easily switch between a bible verses and the corresponding commentaries.

<https://www.olivetree.com>

Bible in One Year

Start your day with the Bible in One Year, a free Bible reading app with commentary by Nicky and Pippa Gumbel. Nicky Gumbel is the Vicar of HTB in London and pioneer of Alpha.

<https://www.bibleinoneyear.org>

TV and radio

BBC 1: Songs of praise 1.15pm.

BBC three counties radio (across all local radio stations): Sunday 8 am.

A half hour service of reflections, music and prayers, delivered by different denominations.

Radio 4 Sunday Worship 8.10am.

YouTube

Pause for faith Fr Stephen Wang [and other videos by Fr Wang]

<https://www.youtube.com/channel/UCbr1xeH2TSwEc8eVwwMGv8w>

The Sycamore course by Fr Stephen Wang.

A free course which goes back to the basics of the catholic faith – aimed at students. Currently 20 videos sessions available.

<https://www.sycamore.fm>

The Sacred Diary Website of Adrian Plass

NO SHORE IN SIGHT! - A daily dose of pondering in the midst of the COVID-19 pandemic [63 daily episodes], followed by weekly episodes of

SOUNDING THE SHALLOWS - every Friday [20 episodes as of 16 October]

Following the easing of lockdown at the beginning of June 2020, Adrian and Bridget Plass changed to weekly audio reflections, still with a touch of humour. 20-25 mins.

Links from their website to their YouTube Channel which also includes other-one off talks by Adrian.

<https://adrianplass.com>

Ss Alban and Stephen Catholic Church Facebook group

Group for Parishioners and visitors to the Ss Alban & Stephen Catholic Church in St Albans, Herts, UK Private. This is a closed group so membership has to be authorised by the administrators. Currently there are 355 members. Only members can see who's in the group and what they post.

DVDs

Catholic Faith Exploration (CaFE)

There are a wide range of DVDs, downloads and books. The full list can be viewed on the web at

<https://faithcafe.org>

The parish and Mike White or Tim Stevens have the DVDs most of which can be borrowed or downloads can be accessed. These courses are best viewed with a group either online with the likes of Zoom or discussing an earlier viewing to benefit from shared reflections.

Suggested recent titles:

Let it be (powerful talks about Mary)

Beloved Disciples (wisdom for all ages, especially later years)

Joy of Hope (retreat on the Holy island of Patmos)

The Big Picture life-changing Bible Course (journal with DVD is available only £15 each)

The Saints (still helping us today)

Strength to Strength (benefits of an everyday prayer life)

This is My Body (varied talks on the Mass)

Global Healing and Global Caring (2 films on caring for our common home)

Other DVDs

The following DVDs can be borrowed from Mike White:

Nooma DVD Series by Rob Bell (not Catholic) [Individual DVDs about 12-14 minutes each]

Trees - We want to know why we are here. If our lives really matter. How our religion is relevant to this life.

Sunday - Why do we go to church on Sunday?

Dust - Believing in God is important, but what about believing in us? Why did Peter start to sink when he walked on water? A reflection on Matthew 14:25-31

Store - Channelling anger towards something constructive

Open - Does God answer prayer?

Whirlwind - Why do bad things happen to good people?

A reflection on the suffering of Job

Priest, Prophet, King Fr Robert Barron [2 DVD set of 6 talks 20-25 mins each]

1. Adoratio
2. The High Priest
3. Challenging False Worship
4. The Word Made Flesh
5. Ordering the Kingdom
6. King of Kings

Conversion - Fr Robert Barron [6 talks about 20 mins each]

1. Bartimaeus
2. Rich Young Man
3. Calling of Matthew
4. Jonah
5. Woman at the Well
6. Journey of the Magi

Untold Blessing: Three Paths to Holiness - Fr Robert Barron's.

The Central theme presented to the viewer is more meaningful appreciation of the beauty of Jesus Christ. This DVD retreat is divided in 3 paths, each path has two parts each about 20 minutes.

Path 1: Parts 1 and 2 Finding The Centre

Path 2: Parts 1 and 2 Knowing You Are A Sinner

Path 3: Parts 1 and 2 You Life Is Not About You

Mary's Dowry Productions

1. **St Margaret Mary Alacoque and the Sacred Heart of Jesus** [50 mins]
2. **Saints of England Vol 1** - Encounter the lives of seven saints of England in these absorbing and enjoyable mini-biographies of St Hilda, St Hugh of Lincoln, St Anne Line, St Elphege, St Ambrose Barlow, St Simon Stock, and St Stephen Harding [35 mins – 5 mins each saint]
3. **St John Fisher** - One Bishop, one king and the fate of a nation [56 mins]
4. **St Nicholas Owen** - The priest hole maker [28 mins]

A Wimpy Prophet - A Butane Bush and no Excuses - Ken Davis. Humorous and inspirational live recording of a talk about God calling Moses [54 mins]

Second Chances - Ken Davis. A humorous and inspiring look at the lessons learned from the story of Jonah. Recorded live. [45 mins]

Christian books

The following books have been recommended by parishioners who have found them interesting/useful. Some of these are available to borrow.

Books suggested by Tim Stevens:

Universal Christ by Richard Rohr

Dare to Believe by David Payne (from CaFE)

Reluctant Disciple by David Wells (CaFE)

Grateful Disciple by David Wells (CaFE)
Restoring the woven cord by Michael Mitton.
Questions of Life by Nicky Gumbel
Hungry for God by Ralph Martin
This is my Body by Fr Ian Petit
Life in Christ by Fr Raniero Cantalamessa
Renew Your Wonders by Damian Stayne
Mad Bad or God by Fr John Redford
The Case for the Real Jesus by Lee Strobel
Amazing Grace by John Pollock

Books suggested by Colin Hull:

Basil Hume - the monk cardinal by Antony Howard - biography
Basil in Blunderland by Cardinal Hume - short chapters- finding opportunities for meditation around the house.
The Imitation of Christ by Thomas a Kempis - practical advice on the inner life
Celebration of Discipline - the path to spiritual growth by Richard Foster - a stimulating guide for personal devotional life focussing on the disciplines of: meditation/prayer/fasting/study/simplicity/solitude/submission/service/confession/worship /guidance/celebration.
100 Ways to hear Good News by Gerald O'Mahoney SJ - 100 one-page inspirational commentaries.
Strength to Strength by David & Gio Payne & Fr Mansford CFR - practical advice on daily prayer
The reluctant disciple by David Wells
The grateful disciple by David Wells - scriptural insights based on the author's life and work as a teacher and pastoral minister.
The Hiding Place by Corrie Ten Boom - inspirational story of faith before and during the Nazi occupation of The Netherlands.

Fiction

The Shack by Wm Paul Young - story bringing the Holy Trinity into that modern world.
Gilead by Marylyne Robinson - story of the lives of three generations of pastors from the American Civil War onwards.

Books suggested by Richard Exact:

Gangland to Promised Land by John Pridmore – an inspiring conversion story of one man's journey from gangland to evangelist

The Cross and the Switchblade by David Wilkerson – A classic, the story of a rural American preacher's work in the toughest areas of New York City

Seeking Allah, finding Jesus by Nabeel Qureshi - a devout American Muslim starts by challenging his Christian friends but ends up becoming a Christian. A great way to understand some of the main differences between Christianity and Islam through the journey of one person.

Reasons to Believe by Scott Hahn – one of America's leading catholic evangelists explains the "how and why" of the catholic faith

Beatitudes – 8 steps to happiness by Raniero Cantalamessa – the preacher to the papal household explains this key part of the gospels

Becoming a Contagious Christian by Bill Hybels – if you are feeling shy about discussing your faith this is the book for you – enjoyable to read and full of challenges to our day to day behaviours

Building a contagious Church by Mark Mittelberg – companion book to the one above with lessons for how to build a mega church

Jesus of Nazareth by Pope Benedict – The former Pope encourages to seek a face to face encounter with Jesus through the gospels

The Interior Castle (Study Edition) by St Teresa d' Avila - a classic work on spiritual life from a Doctor of the Church, with additional commentary

Renew Your Wonders by Damian Stayne – one of England's leading Catholic charismatics shares some insights on what he has learnt as he grew in faith

Forming Intentional Disciples by Sherry Weddell – how to grow as a catholic and encourage those around you in a post-modern world

Books suggested by Mike & Sylvia White:

Love is the Key by Fr. Chris Thomas who shares a variety of stories highlighting the human condition and connecting them with the Gospel message enabling the reader to get in touch more deeply with their own story.

Paul His Story by Jerome Murphy-O'Connor. Offers a vivid picture of the realities of Paul's life and shows how they lead onto his doctrine. Makes Paul's letters come alive and stimulates a fresh reading of familiar texts.

The Bloke's Bible by Dave Hopwood. A selection of familiar Bible stories, retold. Running parallel is the story of an ordinary guy who goes to the pub and, opening his battered Bible, reads and reflects and wonders everything you've ever wondered.

God knows your name by Catherine Campbell. God loves us as we are. From the loveless Hagar of the Bible to the abused Donna of Dublin; from the hopeless leper of Mark's Gospel to the outcast Dalit of Hyderabad: each chapter introduces individuals accepted by a God who intervenes on their behalf.

Nothing is impossible with God by Kathryn Kuhlman. Modern-day miracles in the ministry of a daughter of destiny.

Medjugorje. What's Happening? by Fr. James Mulligan.

Helpful Resources

Books for reference:

The Catechism of the Catholic Church

Dictionary of the Bible by McKenzie

The Compact History of the Catholic Church by Alan Schreck

Contact

If you have any enquiries about any of these resources please contact Sylvia or Mike White,
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