

# LET'S CONNECT!

## A RESOURCE FOR FAMILIES IN THE DIOCESE OF SALE

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*A RESOURCE FOR FAMILIES IN THE DIOCESE OF SALE*

contains a wide variety of online links  
to information, networks and resources  
to enrich, interest and support  
families of all ages and stages,  
in their continuing journey  
in Faith, Prayer and Spirituality.

We hope that you enjoy exploring,  
via computer, smart phone or tablet!





## A PRAYER FOR THE DIOCESE OF SALE

Jesus Christ, yesterday, today and forever.

One with us in our humanity.

be with us in birth,

be with us in life,

be with us in death.

Lord Jesus, bless our Gippsland.

Bless us in our mountains and  
valleys, plains, rivers and seas.

Bless us in our natural resources.

Bless us in our cities and towns.

Lord Jesus, teach us communion  
with our local community:

to know, love and serve our families and friends,

to know, love and serve those who are poor,

to know, love and serve those who wait for you.

Lord Jesus, in this ever-changing land,

grace us to listen to your Word,

grace us to wonder at your presence,

grace us to welcome you into our midst.

To you, our Redeemer,

the beginning and end of time,

to the Father, unending source of all good,

and to the Holy Spirit, seal of infinite love,

be all honour and glory, now and forever.

Amen



*(Fr Mark Godridge © Catholic Diocese of Sale, Victoria, Australia)*

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# 1 Marriage & Family Life

## Marriage

- **Australian Catholic Marriage and Family Council**

<http://www.acmfc.org.au>

The Australian Catholic Marriage and Family Council (ACMFC) is an Advisory Body directly responsible to the Bishops Commission for Life, Family & Public Engagement. This site contains a variety of Resource kits and booklets relating to marriage and family.

- **Australian Council of Natural Family Planning (NFP)**

<http://www.acnfp.com.au/home.php>

This website contains information and contact details for Natural Family Planning which is a natural approach to managing fertility.

- **For Your Marriage**

<http://www.wwme.org.au>

For Your Marriage helps couples at all stages of life to understand and live God's plan for happy, holy marriages by providing educational and spiritual resources. The website was launched in 2007, an initiative of the United States Conference of Catholic Bishops to communicate the meaning and value of married life for the Church and for society. The tabs include Dating & Engaged, Married Life and Parenting & Family.

- **Marriage Resource Centre (MRC)**

<http://www.marriageresourcecentre.org>

Australian, positive, solution-oriented organisation with a core Catholic ethos and resources for Catholic Marriage Educators, Clergy and other parish leaders, from trained couples who have walked the path of marriage.

- **Smart Loving (Marriage Resource Centre)**

<http://www.smartloving.org>

Australian support for couples. Includes: dating & engagement, marriage seminars, retreats, 'Break Through' workshop, Smart Loving Basics, trust, spirituality, sex & fertility, Smart Loving SOS, resources and events.

- **Teams for Married Couples**

<http://www.teamsoceania.com.au>

A Catholic lay movement that brings couples together with other local couples to help them live their lives with more strength, light and hope. The local contacts for 'Teams' in the Sale Diocese are Kevin & Anne Taylor- Email: kevtaylor@dodo.com.au. Phone: 0412498478.

- **Worldwide Marriage Encounter Australia**

<http://www.wwme.org.au>

Offers weekends to help turn good marriages into great marriages, enabling couples to rediscover their best friend and the spark that was there when they first married.

## Family Life

- **Australian Catholics**  
<https://www.australiancatholics.com.au>

Information for all ages with resources on faith, life, wellbeing, topical issues, prayer and spirituality.

- **CatholicCare Gippsland**  
<https://www.ccam.org.au>

CatholicCare Gippsland is available to all individuals or groups regardless of race, religion or economic status. CatholicCare Gippsland is committed to working towards justice in personal, family and community relationships with a deep sense of respect for life. It offers high quality, professional services, developed in solidarity with the distressed, disadvantaged and vulnerable.

CatholicCare Gippsland services include:

- Counselling across four locations in the Diocese - Sale, Traralgon, Warragul and Pakenham
- A range of programs for couples, individuals or/family members involved with the Family Court (Post Separation Programs)
- Free Conversational English groups
- Pre-Marriage Education across various locations
- Emergency relief

- **Couples for Christ Australia (CFC)**  
<http://www.cfc-australia.org.au>

Couples for Christ, a Catholic movement which began in 1981 in Manila in the Philippines, is intended for the renewal and strengthening of Christian family life. CFC couples have committed themselves to the Lord and to one another so that they may grow in maturity as men and women of God and fulfill their primary vocation of raising families grounded in Christian values, in the service and love of God.

- **Family Faith and Fun (Loyola Press)**  
<https://www.loyolapress.com/catholic-resources/family/family-faith-and-fun>

Fun Family Activities, Mealtimes, Ideas for Daily Family Life, Talking to Kids About Faith.

- **Focus on the Family**  
<https://www.focusonthefamily.com>

Focus on the Family is a global Christian ministry dedicated to helping families thrive. Resources are provided to help couples build healthy marriages and for parents to raise children according to values grounded in biblical principles.

- **Majellan Family Media**  
<https://majellan.media>

This Australian resource contains a free podcast entitled Figuring Out Families and free Family Guides and Sunday Reflections. Other parts of the website such as print and digital editions of the Madonna magazine and digital bulletins, are available by subscription.

- **Passionist Family Groups**

<https://www.pfgm.org>

The Passionist Family Group Movement aims to build Christian community through the development of extended families. With loneliness and isolation so prevalent in society, there is a genuine need for people to know and support each other. Family Groups create an extended family atmosphere within the community and are open to everyone. Family Groups provide an extended family for all who wish to belong – married, single or divorced, young, old or in-between. There is a giving and receiving by all members of the group to each other. Everyone is welcome to join. Contact details for groups in the Diocese of Sale can be found at <https://www.pfgm.org/victoria>

- **Praying in Colour**

<https://prayingincolor.com/handouts>

This site contains a variety of handouts for all ages as it focuses on a visual and concrete way to pray.

- **Spirituality of Family Life (Ignatian Spirituality)**

<https://www.ignatianspirituality.com/?s=family%2Blife>

Articles about family life and spirituality.

- **Strong Catholic Family Faith (US)**

<http://www.catholicfamilyfaith.org/general1.html>

Resources for parenting, understanding and sharing faith.

## Children

- **Andrew Chinn's Butterfly Music Show**

<https://www.youtube.com/watch?v=miOaEum92cs>

Aussie children's entertainer Andrew Chinn (the creator of Butterfly Music) has created The Butterfly Music Show which also features Drew Lane, Jane Mitchell and Tim Hart. This show is full of music, art, prayer and fun. You can find all 5 episodes at

[https://www.youtube.com/results?sp=mAEB&search\\_query=Butterfly+Music+Show](https://www.youtube.com/results?sp=mAEB&search_query=Butterfly+Music+Show)

- **Cath Kids**

<https://cathfamily.org/>

CathKids is a weekly interactive experience with a short animated video on the Sunday reading, questions to stimulate discussion, a simple activity and prayer. It costs \$15 per year to subscribe and is suitable for children aged 7-12.

- **Catholic Mom**

<https://www.catholicmom.com>

US style. Resources for families, children, including Scripture-based activities and daily Gospel reflections.

- **Find a Catholic school.**

<https://www.ceosale.catholic.edu.au/about-us/find-a-school>

This is the Diocese of Sale Catholic Education Ltd. website and is where you will find links to all the primary and secondary schools in the diocese.

- **Loyola Press**

<https://www.loyolapress.com/catholic-resources/liturgical-year/sunday-connection>

Loyola Jesuits (US). Sunday Connection, Gospel resources for children of different ages. Detailed Lesson Plans for children from Grades 1-8. (US grade 1 is typically aged 6-7).

- **Podcasts for Kids**

<https://newywithkids.com.au/best-podcasts-for-kids>

This site, *Newy with Kids*, contains a selection of Podcasts suitable for children...and their parents.

- **Ready, Set, Pray! Children's Liturgy of the Word @ Home**

<https://www.youtube.com/playlist?list=PLP4Pb34ThQ34InNPfqS1fCtAmqgV0fewQ>

The series, produced by Proclaim: The Office for Mission Renewal, consists of 10 weekly sessions of 15-20 minutes duration, commenced on Sunday 18th October and is continuing for each Sunday until Christmas. Each week, families are invited to gather in their own prayer space, listen to the Gospel, sing, pray and respond creatively through an activity.

- **Sacrament Information**

<https://www.cdsale.org.au/sacraments>

Information on the Sacraments of Initiation, Healing and Communion and Mission can be found here.

- **Sacrament Preparation and Celebration**

<https://www.cdsale.org.au/mass-time>

Locate details of each parish in the Diocese of Sale, including Mass times. Your local parish can be contacted to organise weddings, your baby's Baptism or access to Sacrament preparation for Reconciliation, Confirmation and First Communion. Contact a local parish or Catholic school at <https://www.ceosale.catholic.edu.au/our-schools>

- **Storyline Online**

<https://www.storylineonline.net>

*(If this link doesn't work, it will need to be copied directly into your web browser)*

The SAG-AFTRA Foundation's Daytime Emmy®-nominated and award-winning children's literacy website, Storyline Online®, streams videos featuring celebrated actors reading children's books alongside creatively produced illustrations. Readers include Oprah Winfrey, Chris Pine, Kristen Bell, Rita Moreno, Viola Davis, Kevin Costner, Lily Tomlin, Sarah Silverman, Betty White, Wanda Sykes and dozens more.

- **Together at One Altar**

<https://www.togetheratonealtar.catholic.edu.au/>

A resource for children from Foundation to Year 12 to assist them to grow in their understanding of Eucharist (the Mass).

## Video Stories about Jesus

- **'Gospel Ministry Resources' from 'Max7' Resources.**

<https://www.max7.org/en>

- **'Jesus Film Collection' from Jesus Film Media.**

<https://www.jesustfilm.org/watch.html>

At this site you will find free short animated Gospel story videos and access to the Jesus story which is a full-length movie.

## Teens & Young Adults

- **eSafety**

<https://www.esafety.gov.au>

This Australian Government eSafety Commissioner site contains information for children, young people, parents, women and seniors to empower all Australians to have safer, more positive experiences online.

- **Headspace**

<https://headspace.org.au>

For young people going through hard times. This site offers online help, links and information for young people as well as their friends and family. The topics include Life Issues, health and Wellbeing, Mental Health, Alcohol and Other Drugs and Work and Study. "If you are a young person aged between 12-25 and need information relating to general mental health, physical health, work & study and alcohol and other drugs, this section is designed for you."

- **Jesus Youth Australia**

<https://jesusyouth.org.au>

Jesus Youth is an International Association within the Catholic Church with a focus on evangelising young people and nurturing their missionary initiatives.

- **Stay Smart Online**

<https://www.cyber.gov.au>

This Australian Government site from the Australian Cyber Security Centre contains advice on how to protect yourself online, as well as up-to-date information on the latest online threats and how to respond.



- **The Australian Parenting Website**

<https://raisingchildren.net.au>

This website, supported by the Australian Government, is a parenting resource from pregnancy right through to grown-ups. There are also tabs for autism and disability information and support.

- **The L.A.M.P.**

<https://thelampwrsale.wixsite.com/home>

The L.A.M.P. are the youth of the Western Region Parishes of Sale Diocese. This youth ministry effort involves fellowship, education, worship and service. Members belong to the parishes of:

- St. Thomas the Apostle, Clyde North
- Our Lady Help of Christians, Narre Warren
- St Agatha's Catholic Church, Cranbourne
- St. Michael Church, Berwick
- St. Patrick's Parish, Pakenham

- **Your Choicez Media**

<https://yourchoicez.com.au>

To support parents “educate, inspire and empower young people to have happy, healthy and respectful relationships.” Click on ‘Resources’ and then ‘Parenting Tools.

## Grandparents

- **Australian Catholic Marriage and Family Council**

<http://www.acmfc.org.au/tag/grandparents>

Here you will find ‘Grandparents Kits’ (2012, 2014, 2015). The past editions are still relevant.

- **Catholic Grandparents Association**

<http://www.catholicgrandparentsassociation.org/>

This International network is based in Ireland & UK.

## 2 Spirituality & Prayer

### Quick Access

- **3 Minute Retreat**

<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer>

This site from Loyola Press is available as an App or online. There are daily 3-minute retreats with a short reading, prayer and reflection. Knowing that not everyone prays at the same pace, you have control over the pace of the retreat. After each screen, a Continue button will appear. Click it when you are ready to move on. If you are new to online prayer, the basic timing of the screens will guide you through the experience. There is also an Archive tab which provides access to previous retreats.

- **Art and Soul- Uncovering the Spiritual in Art with Fr Elio Capra**

<https://elioartandsoul.wordpress.com/>

Fr Elio Capra writes about his new website: *I am presenting from my heart, the ways that art has touched me and what I see and experience when looking at art.*

*While I may discuss the techniques and history related to an art work, my primary focus is the spiritual dimension that the work opens and the way it provokes reflection and prayer. The length of the videos is between 3 to 5 minutes so that they can be used for prayer and reflection.*

- **Bread4Today**

<https://csr.org.au/bread4today>

Prayer App and Online. Everyday language prayers: Courage, A Just World, Relationships, Hope, Peace, Hard Times, God, Faith, Forgiveness, Special Intentions. Useful Links.

- **Daily Prayer**

<https://www.pray.com.au>

Pray.com.au is a free daily prayer service, providing reflections on the day's Gospel readings as well as other articles exploring people's experiences of God. Daily reflections on the Gospel readings are provided to help you connect with God in your life, while the blog is updated weekly. The Resources tab also contains a variety of themed prayer experiences and this service is supported by Madonna magazine, and the Australian Jesuits.

- **Daily Scripture Reflection**

<http://evangelisationbrisbane.org.au/daily-reflection>

This is a new series in response to Covid-19 published by Evangelisation Brisbane. Subscribe and you will receive these Scripture reflections daily to your inbox. The short reflections (300-400 words) are prayerful and insightful. One-page written reflections for weekdays and a video for Sundays are provided. Subscription is free.

- **Read the Daily Scripture Through Art**

<https://christian.art/index.php>

Meditations on the daily Gospel using art as a medium. You can access today's reading or past readings as well as subscribing (free) to receiving the Gospel reading of the day, alongside a work of art that is reflective and appropriate to that reading. There is also a short reflection on the artwork and the reading.

- **The Well**

<https://thewell.org.au/about/>

This resource from the Diocese of Parramatta contains resources and engaging, homegrown content for faith communities! This includes devotions, kids' shows, prayers and acoustic worship, to resources on leadership and faith for young people and others of all ages. Resources range from videos and info cards, to booklets and podcasts (audio resources).

## When You Have More Time

- **Australian Christian Meditation Community for Christian Meditation.**

<https://wccmaustralia.org.au>

This site contains information, helpful suggestions & resource links related to Christian meditation.

- **Catholic Charismatic Renewal**

<https://www.cdsale.org.au/catholic-charismatic-renewal>

The opportunity to experience charismatic prayer is available through Catholic Charismatic Renewal prayer groups in various locations around the diocese. These locations are found on this site.

- **Daily Meditations with Fr Richard Rohr**

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

In his Daily Meditations, Franciscan Fr Richard Rohr helps us learn "the dance of action and contemplation". Scroll down on this Center for Action and Contemplation website to read the most recent post. Archived reflections can be found on the right-hand side. You can also sign up to receive Fr. Richard's free messages in your email inbox every day or at the end of each week.

- **Daily Prayer of the Church**

<http://www.universalis.com>

The Universalis website contains the daily prayer of the Church: The Office of Readings and Morning, Mid-Morning, MIDDAY, Afternoon, Evening and Night Prayers.

- **Ignatian Spirituality**

<https://www.ignatianspirituality.com>

This service of Loyola Press contains Online Retreats, Prayers & resources based on Ignatian spirituality which is a spirituality for everyday life.

- **Pray as you Go**

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

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. 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 ten and thirteen minutes, it combines music, Scripture and some questions for reflection.

- **Prayer and Reflection**

<https://www.cdsale.org.au/prayer-and-reflection>

On this site you will find links to some prayer and reflection resources as well as a Prayer for Families and a Prayer for People of the Diocese of Sale.

- **Reflections with Fr Ron Rolheiser**

<http://ronrolheiser.com/en/#.XwUL6KgZPZ>

This website contains weekly reflections from world renowned Catholic spiritual writer Fr Ron Rolheiser. There is also a Column Archives tab which contains 38 years of reflections.

- **Sacred Space**

<https://www.sacredspace.ie>

This website, a ministry of the Irish Jesuits, began in 1999 and offers daily online prayer opportunities. It focuses on the daily Scripture reading and guides you through a brief reflection.

## Retreat Centres

- **Campion Ignatian Spirituality and Retreat Centre**

<http://www.campion.asn.au>

A quiet, peaceful environment encouraging reflection and growth in spirituality. There is a warm welcome and a comfortable, secure place to rest and pray.

- **Chester Retreat House UK**

<https://retreathousechester.co.uk/living-differently>

Online resources to use any time that suits you.

- **Emmaus Spirituality Centre**

<https://www.cdsale.org.au/emmaus-spirituality-centre>

Emmaus is a joint ministry of the Campion Centre of Ignatian Spirituality and the Diocese of Sale. The Emmaus Spirituality Centre is at 48-50 Monash Road, Newborough. Emmaus offer parishes, groups, teams and individuals' days of reflection and prayer as well as retreats including walking retreats. Individual spiritual direction in the Ignatian tradition and the Full Spiritual Exercises of St. Ignatius is also a major offering of the centre.

- **Heart of Life Centre for Spiritual & Pastoral Formation**

<http://www.heartoflife.melbourne/>

Heart of Life is a centre for spiritual and pastoral formation offering a variety of programs, spiritual direction, prayer and reflection opportunities and retreats. Against the backdrop of Covid-19, formation programs are being delivered through online platforms.



- **Kardia Formation**

<http://www.kardia.com.au/books/spirituality-centres/>

Kardia offers companionship of empowerment for women and men through spiritual direction, Spiritual Exercises, supervision, and various programs for personal and leadership development.

- **Sisters of St Joseph Retreat Centres**

<https://www.sosj.org.au/resources/online-retreats-and-novenas/>

This site from the Sisters of St Joseph, provides a variety of retreats, resources and prayers.

## 3 Social Media & Resources

### Facebook

- **Australian Catholic Bishops Conference**  
<https://www.facebook.com/AustralianCatholicBishops>
- **Australian Catholics Magazine**  
<https://www.facebook.com/auscaths>
- **Cath News**  
<https://www.facebook.com/CathNews>
- **Catholic Diocese of Sale**  
<https://www.facebook.com/dioceseofsale>

### Twitter

#### Church News

- **Australian Catholic Bishops Commission @ACBC1**  
<https://twitter.com/ACBC1>
- **CN CathNews @CathNews**  
<https://twitter.com/CathNews>
- **Eureka Street @EurekaStreet**  
<https://twitter.com/EurekaStreet>
- **Loyola Press @loyolapress**  
<https://twitter.com/loyolapress>
- **Pope Francis @pontifex**  
<https://twitter.com/Pontifex>
- **The\_Tablet @The\_Tablet**  
[https://twitter.com/The\\_Tablet](https://twitter.com/The_Tablet)
- **Thinking Faith @ThinkingFaith**  
<https://twitter.com/ThinkingFaith>
- **Vatican News @VaticanNews**  
<https://twitter.com/VaticanNews>

### Scripture, Prayer, Liturgy

- **Bread 4 Today @bread4today**  
<https://twitter.com/bread4today>
- **Daily Bible Verse @Daily\_Bible**  
[https://twitter.com/Daily\\_Bible](https://twitter.com/Daily_Bible)
- **Universalis @CatholicFeasts**  
<https://twitter.com/CatholicFeasts>

### Families

- **Life Marriage & Family @lifemarriagefam**  
<https://twitter.com/lifemarriagefam>

### Women

- **Australia @CWL\_Australia**  
[https://twitter.com/cwl\\_australia](https://twitter.com/cwl_australia)
- **Catholic Women's League Victoria and Wagga @CWL\_VIC\_Wagga**  
[https://twitter.com/CWL\\_VIC\\_Wagga](https://twitter.com/CWL_VIC_Wagga)

### Reaching Out

- **Caritas Australia @CaritasAust**  
<https://twitter.com/CaritasAust>
- **Catholic Mission**  
<https://www.catholicmission.org.au/>
- **Jesuit Social Services @JesuitSocialSer**  
<https://twitter.com/JesuitSocialSer>
- **Vinnies Victoria @VinniesVictoria**  
<https://twitter.com/VinniesVictoria>

### Instagram

- **Australian Catholic Bishops**  
<https://www.instagram.com/acbc1/?hl=en>
- **Bishop Barron**  
<https://www.instagram.com/stories/bishopbarron/?hl=en>
- **Busted Halo**  
<https://www.instagram.com/bustedhalo/?hl=en>

- **Caritas Australia**  
<https://www.instagram.com/caritasaust>
- **Catholic Grandparents**  
<https://www.instagram.com/catholicgrandparents/?hl=en>
- **Catholiclink**  
<https://www.instagram.com/catholiclink>
- **Click to Pray**  
<https://www.instagram.com/clicktopray/?hl=en>
- **Franciscan Media**  
<https://www.instagram.com/franciscanmedia/?hl=en>
- **Franciscus (Pope Francis)**  
<https://www.instagram.com/franciscus/?hl=en>
- **FRG Ministry (Fr Rob Galea)**  
<https://www.instagram.com/frrobgalea/?hl=en>
- **Ignatian Solidarity**  
<https://www.instagram.com/ignatiansolidarity/?hl=en>
- **Lifeteen**  
<https://www.instagram.com/lifeteen/?hl=en>
- **Melbourne Catholic**  
<https://www.instagram.com/melbournecatholic/?hl=en>
- **National Catholic Reporter (NCR)**  
<https://www.instagram.com/ncronline/?hl=en>
- **Pray As You Go**  
[https://www.instagram.com/prayasyougo\\_official/?hl=en](https://www.instagram.com/prayasyougo_official/?hl=en)
- **The Catholic Tablet**  
<https://www.instagram.com/thecatholictablet/?hl=en>
- **The Jesuit Post**  
<https://www.instagram.com/thejesuitpost/?hl=en>
- **Vatican News**  
<https://www.instagram.com/vaticannews/?hl=en>

## APPS

- **3 Minute Retreat**
- **Bible App for Kids**
- **Bible Verse of the Day**
- **Bread4Today**



- **Fuel by Ignite Youth**
- **Jesus Film Project**
- **The Majellan Magazine**
- **Universalis (To buy: Best for Mass readings & more)**
- **Youversion Bible**

## Podcasts

- **Journey Catholic Radio (Diocese of Wollongong)**  
<https://www.dow.org.au/media-resources/journey-radio/>

Journey Catholic Radio is a weekly radio program and podcast developed by the Catholic Diocese of Wollongong all about faith, hope, love and life. It includes music, a weekly Gospel reflection, interviews and a variety of weekly inputs from some of the best Catholic presenters in Australia.

- **Catholic Influencers**  
<https://www.frqministry.com/podcast>

Catholic influencers presents two weekly broadcasts through which Catholics can delve deeper into the upcoming Sunday Gospel readings and relevant life issues from a Catholic perspective. The podcasts include an extended explanation of the upcoming Sunday Mass readings hosted by Fr Rob Galea, Alyssa Agius and Georga Byrne; the other is Sunday homilies preached by Fr Rob Galea.

- **Word on Fire**  
<https://www.frqministry.com/podcast>

A weekly podcast from Bishop Robert Barron on faith, life and culture.

## Buy A Good Book

- **Central Catholic Bookshop**  
<http://www.catholicbookshop.com.au>

322 Lonsdale Street, Melbourne, Vic 3000 Ph: (03) 9639 0844. Open 7 days.

- **Garratt Publishing**  
<https://www.garrattpublishing.com.au>

32 Glenvale Crescent, Mulgrave Vic 3170 Ph: 03 8545 2911 Email: sales@garrattpublishing.com.au

- **Pauline Books & Media**  
<https://www.paulinebooks.com.au>

7 Denmark Hill Road, East Hawthorn Vic 3123. Ph: (03) 9882 3424 Fax: (03) 9882 9614  
Email: orders.melbourne@paulinebooks.com.au Open Mon to Fri 9.00 am-5.30pm. Sat 9.00am-12.00pm.

## 4 Community Connections

### Communities & Networks

- **Aboriginal Catholic Ministry for Victoria**

<https://www.cam1.org.au/acmv>

The website offers historical and present story of struggle and survival of a small group of Aboriginal Catholics. It offers newsletters, resources and liturgy ideas as well as a selection of links that are recommended by the Aboriginal Catholic Mission.

- **Australian Catholic Bishops Conference**

<https://www.catholic.org.au>

Australian Church information, media releases, news and resources. Includes information about dioceses, Bishops, religious institutes, Church agencies, Catholic groups.

- **Catholic Australia**

<https://www.catholicaustralia.com.au>

Tabs on this website include Church in Australia, The Church, Church Documents, The Scripture, What Catholics Believe, The Sacraments & Liturgy, Spirituality & Prayer, Living the Faith & Mission and Cathnews Room.

- **Catholic Enquiry Centre, Australia (CEC)**

<https://www.catholicenquiry.com>

This website provides a basic introduction to different aspects of the Catholic faith by means of short articles, and through responses to frequently asked questions.

- **CathNews**

<https://www.cathnews.com>

This site is a daily Catholic information service reporting Australian and international news. Links to sites offering resources for prayer. It also shows positions available within Catholic Church communities and organisations as well as other relevant websites.

- **Council for Australian Catholic Women (CACW)**

<https://women.catholic.org.au>

The Council for Australian Catholic Women (CACW) was established by the Australian Catholic Bishops Conference in December 2000 to promote the participation of women in the Catholic Church of Australia. This website contains news, events, resources and prayers.

- **Diocese of Sale**

<https://www.cdsale.org.au>

Diocese of Sale homepage: news and events, parish information, Mass times, organisations, contacts. You will also find information on Agencies of the Diocese of Sale as well as its history, demographics, geography, Bishops (both past and present) and clergy.

- **Diocese of Sale Catholic Education Ltd (DOSCEL)**

<https://www.ceosale.catholic.edu.au>

This site contains information about Catholic education in the Diocese of Sale, links to schools, policies and publications and employment details.

- **Ecumenism and The National Council of Churches in Australia**

<https://www.catholic.org.au/ecumenism>

and

<https://www.ncca.org.au>

These sites provide a range of information and resources on ecumenism (promoting unity among the world's Christian Churches).

- **Frankly Magazine**

<http://www.franklymag.org/topics>

Articles by Australian and overseas writers. Designed to engage with ordinary people on topics relevant to everyday life. Free downloads are available from the website.

- **National Aboriginal and Torres Strait Islander Catholic Council (NATSICC)**

<https://www.natsicc.org.au/index.html>

The National Aboriginal and Torres Strait Islander Catholic Council (NATSICC) is the peak advisory body to the Australian Catholic Bishops on issues relating to Aboriginal and Torres Strait Islander Catholics. This site contains information about NATSICC and includes a Resource Hub.

## Become a Catholic or Receive Sacraments for First Time as an Adult

- **Contact your local parish**

<https://www.cdsale.org.au/find-a-parish>

If you want to find out about the Rite of Christian Initiation of Adults (RCIA) for initiation into the Catholic community, reception into the Catholic Church for those baptised into another Christian tradition, or adult reception of Sacraments for the first time, then click on this link to find your local parish.

## Social Justice & Helping to Build a Better World

- **Australian Catholic Social Justice Council (ACSJC)**

<https://socialjustice.catholic.org.au>

This site, an agency of the Australian Catholic Bishops' Conference, promotes research, education, advocacy and action on social justice, peace and human rights. You can access newsletters and a variety of resources relating to Catholic Social Teaching.

- **Australian Catholic Migrants & Refugees Office (ACMRO)**

<https://www.acmro.catholic.org.au>

This Australian Bishops' agency which informs policy, action and acts as an official voice on Migrant and Refugee issues, is dedicated to acceptance and settlement of Refugees and Migrants into Australia. This site contains a variety of resources relating to Refugees and Migrants.

- **Caritas Australia**

<https://www.caritas.org.au>

Caritas helps people to take greater control over their lives and overcome poverty. This site contains information, education resources, news and ways to assist.

- **Catholic Earthcare Australia (CEA)**

<https://catholicearthcare.org.au>

Catholic Earthcare Australia is an ecological agency established by the Australian Catholic Bishops Conference. Its mission is to help promote understanding among people that creation is sacred and endangered, and must be protected and preserved for present and future generations. This site contains information and resources relating to the care of our common home.

- **Earth Link**

<http://www.earth-link.org.au>

Earth Link is a community which envisions a world where there is respect, reverence and care for the whole Earth community. Earth Link is endorsed by the Sisters of Mercy, and open to all who share a concern for the whole Earth community.

- **Eureka Street**

<https://www.eurekastreet.com.au>

Eureka Street, a publication of the Australian Jesuits, is an online journal of analysis, commentary and reflection on current issues in the worlds of politics, religion and culture. It aims to participate in public discussion and influence public opinion regarding the things that matter in Australia and the world.

- **Social Justice**

<https://www.bbcatholic.org.au/parish-community/catholic-life-faith-formation/social-justice>

This link from the Catholic Diocese of Broken Bay contains tabs on Ecology and Laudato Si, Migrants & Refugees, Social Justice Statements, a Catholic Response to Domestic Violence, Aboriginal & Torres Strait Islander Ministry, Catholic Social Teaching and Social Justice Advocacy.

- **St Vincent de Paul Society**

<https://www.vinnies.org.au/page/About>

Gospel-inspired lay Catholic organisation serving Christ in the poor with love, respect, justice, hope and joy and working to shape a more just and compassionate society. Check website or local phone directory for details regarding conferences, shops and outreach.



## 5 Faith Formation

### Quick Access

- **Alpha Course**

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

The Alpha course is a course which seeks to introduce the basics of the Christian faith through a series of talks and discussions. It is described by its organisers as "an opportunity to explore the meaning of life".

- **Biblical and Liturgical Information**

<https://catholic-resources.org>

Felix Just, S.J., Ph.D., the creator of this website writes: "This website contains a variety of materials, mostly related to biblical and liturgical studies, intended for scholars, teachers, students, pastors, believers, seekers, and others. Many pages contain my own writings and photographs, some were created by my students, and some are collections of links to other websites. Although I am a Roman Catholic priest and have taught mostly in Catholic institutions, I hope these materials are academically reliable and pastorally adaptable, so they can be useful for many other Christians and non-Christians as well."

- **Busted Halo**

<https://bustedhalo.com>

Easy to access resources to explore the Catholic tradition.

- **Catechism of the Catholic Church (CCC)**

[https://www.vatican.va/archive/ENG0015/\\_INDEX.HTM](https://www.vatican.va/archive/ENG0015/_INDEX.HTM)

This link on the Vatican website takes you directly to the Catechism of the Catholic Church which was promulgated for the Catholic Church by Pope John Paul II in 1992. It sums up fundamental Christian truths.

- **Catholic Enquiry Centre, Australia (CEC)**

<https://www.catholicenquiry.com>

Order a free book on the Catholic Faith, download a free 18-part leaflet series on the Catholic Story or listen to a Podcast on What Catholics Believe?

- **Compendium of the Catechism of the Catholic Church (CCCC)**

[https://www.vatican.va/archive/compendium\\_ccc/documents/archive\\_2005\\_compendium-ccc\\_en.html](https://www.vatican.va/archive/compendium_ccc/documents/archive_2005_compendium-ccc_en.html)

This link on the Vatican website takes you directly to the Compendium of the Catechism of the Catholic Church. The Compendium of the Catechism of the Catholic Church (2005) is a summarized version of the Catechism of the Catholic Church. The Compendium, presented by Pope Benedict XVI, consists of 598 questions and answers and is structured in four parts, much like the widely-used Catechism of the Catholic Church. While the text does contain some direct quotes from the Catechism used in a sidebar fashion, the questions and answers themselves are original text.

- **Daily Scripture Reflections**

<http://www.usccb.org/bible/reflections/index.cfm>

This website contains daily Scripture reflections (including video) from the United States Conference of Catholic Bishops. You can watch a video reflection, read the daily readings or listen to the daily reading podcasts.

- **Formation Resources**

<https://www.cam1.org.au/evangelisation>

The Archbishop's Office for Evangelisation (AOFE) is a mission agency of the Catholic Archdiocese of Melbourne. This site includes articles from the Summit online which focus on commentaries on the seasons, ministries and pastoral celebration of the liturgy, as well as liturgical notes, music suggestions and reflections on the Sunday Gospels.

The publications page from the Archbishop's Office for Evangelisation can be found at:

<https://www.cam1.org.au/evangelisation/Publications>

Pages 3 and 4 contains the following free downloadable booklets:

- A Spirit of Mercy: Reflections on the Works of Mercy
- Hail Mary: Reflections on the Mysteries of the Rosary
- Blessed Are you: Meditations on the Beatitudes
- The Way of the Cross: based on the Gospel of Matthew
- I Believe: Meditations on the Creed

- **Fr Richard Leonard Videos**

[https://www.youtube.com/results?search\\_query=richard+leonard+sj&app=desktop](https://www.youtube.com/results?search_query=richard+leonard+sj&app=desktop)

This is a video series of talks on Faith and Life by Fr Richard Leonard, a well-known Australian writer, speaker and Jesuit priest

- **Fr Rob Galea Short Videos and FRG Ministries Store.**

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

Short videos teach about Faith, Life and everyday issues – free at Fr Rob's YouTube channel or buy FRG Ministries USB set. Topics include: Addiction, Almsgiving, Christian Joy, Forgiveness, Relationship with God, Gossip, Holy Spirit, Lent, Modesty, Prayer, Fasting, What is love? What is sin? Why does God allow suffering? What's wrong with watching Porn? What's with Catholics and Mary?

- **Interfaith Relations**

<https://www.bbcatholic.org.au/parish-community/catholic-life-faith-formation/interfaith-relations>

This tab from the Catholic Diocese of Broken Bay contains information and links to Interreligious Relations (Church Statements), Jewish-Christian Relations, Muslim-Christian Relations, Parish Resources and Further Links.

- **Liturgy Lines**

<https://www.liturgybrisbane.net.au/learn/liturgy-lines>

Liturgy Lines are short 500-word essays on liturgical topics written by Elizabeth Harrington, during her time as Education Officer at Liturgy Brisbane. There is a search function so you can locate information easily.

- **National Centre for Evangelisation**

<https://nce.catholic.org.au>

The National Centre for Evangelisation is at the service of proclaiming the Good News of Jesus Christ in Australia. Besides offering support and formation in the related areas of evangelisation, faith formation and spirituality, its purpose is to connect with and support individuals and groups who are already involved in these important ministries, or who would like to be so.

- **Reading the Gospel of Luke and the Acts of the Apostles**

<https://www.catholicaustralia.com.au/the-scripture/the-new-testament/luke-acts>

The Catholic Australia website provides background material on reading Luke and the Acts of the Apostles.

- **Reading the Old Testament**

<https://www.catholicaustralia.com.au/the-scripture/the-old-testament>

The Catholic Australia website contains a section on reading the Old Testament. Headings include the Books of Genesis, Exodus, Leviticus, Numbers and Deuteronomy.

- **Scripture and Bible Study and Resources and Links**

<https://www.bbcatholic.org.au/parish-community/catholic-life-faith-formation/spiritual-growth/scripture>

and

<https://www.bbcatholic.org.au/parish-community/catholic-life-faith-formation/spiritual-growth/scripture/bible-study>

and

<https://www.bbcatholic.org.au/parish-community/catholic-life-faith-formation/spiritual-growth/scripture/resources-and-links>

These three tabs from the Catholic Diocese of Broken Bay contains a variety of resources and links which may be of interest to those who wish to further explore the Bible.

- **Shalom World TV**

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

Shalom World is a Catholic, commercial-free, 24/7, HD family entertainment channel, available worldwide.

- **Studying the Catholic Faith (Catholics Come Home)**

<https://www.catholicscomehome.org/your-questions/catholic-resources>

This American website contains questions and answers about the Catholic faith.

- **TextWeek**

<http://www.textweek.com>

This website incorporates Scripture information, movies and art works as well as a variety of resources to support Scripture texts. There is a calendar of each years' readings. Once clicked, there are the texts of the Sunday, related images and movies, resources, commentaries, background information, weblogs, sermon ideas, discussions, reflections and reflection questions, prayers, graphics and multimedia, hymns and music and resources for working with children.

- **The Church in Australia**

<https://www.catholicaustralia.com.au/church-in-australia>

The Catholic Australia website contains information about the Church in Australia and has the following headings: Catholics in Australia, The Catholic Community, Dioceses and Parishes, Facts and Figures, Religious Orders and Prominent Australian Catholics.

- **The Mass**

<https://brisbanecatholic.org.au/articles/the-mass-series>

Archbishop Mark Coleridge from Brisbane, unpacks the elements of the Catholic Mass in this video series. Each section of the Mass is covered in this 16-part series, each clip is under 5 minutes in duration, the whole series is 51 minutes long.

- **The Well**

<https://thewell.org.au/categories/spiritual-nourishment/>

This resource from the Diocese of Parramatta contains resources on leadership and faith for young people and others of all ages. Resources range from videos and info cards, to booklets and podcasts (audio resources).

- **Word on Fire**

<https://www.wordonfire.org>

The Word on Fire Catholic Ministries online platform was founded by Bishop Robert Barron, the Auxiliary Bishop of the Archdiocese of Los Angeles. It contains a variety of resources including videos, articles, homilies, blogs, lectures and podcasts.

## **When You Have More Time - Online Learning**

- **Broken Bay Institute**

<https://www.bbi.catholic.edu.au>

The Australian Institute of Theological Education offers Post Graduate programs as well as faith formation delivered through Catholic Correspondence Courses which provide non- academic adult faith education to students across Australia by distance education.



- **Crossroads STM**

<https://www.bc.edu/bc-web/schools/stm/sites/crossroads.html>

The Boston College School of Theology & Ministry (US) offers short online courses (2-4 weeks) with internationally recognised theologians. The cost is low, there are certificates for participation through reading and short posts in group ‘conversations’ and no assignments.

- **Dayton University Short Courses**

<https://vlcff.udayton.edu>

The Virtual Learning Community for Faith Formation (VLCFF) is coordinated and sponsored by the Institute for Pastoral Initiatives (IPI) at the University of Dayton (US) - a Catholic Marianist Institution. The online short courses (moderate cost) are open to all.

- **‘Encore’ and ‘Encore Access’ from Boston College School of Theology & Ministry (US)**

<https://www.bc.edu/bc-web/schools/stm/sites/encore>

and

<https://www.bc.edu/content/bc-web/schools/stm/sites/encore/encore-access.html>

‘Encore’ and ‘Encore Access’ from Boston College School of Theology & Ministry (US) offers access to free presentations. There are talks by well-regarded presenters on many topics: Scripture, Catholic Tradition, Sacraments, Liturgy, Moral Life, Spirituality and Prayer.

- **STEP: Theology Online**

<https://mcgrath.nd.edu/online-courses/step>

The Satellite Theological Education Program (STEP) is offered through the McGrath Institute for Catholic Life at the University of Notre Dame (US). Separate units or certificate courses can be studied at moderate cost.

## Mass for You at Home

While nothing can replace going to Mass and being physically present in the Church, many people can pray with the words of the readings, hear the gospel message and watch the celebration of the Eucharist on television or online. As a result, the Catholic Church in Australia offers “virtual” Mass every day, available to anyone with a computer or a television screen.

During this period of Coronavirus, you can find Masses being live streamed in the Diocese of Sale at

<https://www.cdsale.org.au/coronavirus>

- **Mass for You at Home**

<http://www.mfyah.com/index.html>

Mass for You at Home has been broadcast by the 10 Network since August, 1971. The show's basic premise is to allow viewers to participate in a Sunday Mass from their homes. It is aired at 6am on Sunday morning on WINTV Gippsland and repeated on the Aurora Channel on Foxtel during the week. It is available on 10Play at <https://10play.com.au/mass-for-you-at-home/about> and you can also view the Mass over the internet at this link.

- **Mass on Demand**

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

This is a Mass on Demand service from Church Resources through the CathNews YouTube platform. This is the first Mass of the Day at St Mary's Church in North Sydney. It is uploaded at the end of the Mass, and is available for 24 hours until it is replaced with the new Mass of the day.

Mass at St Patrick's Cathedral, Melbourne can be found at:

<http://melbournecatholic.org.au/Mass>

Mass is live streamed on Mon-Fri at 1pm, Saturday at 8am and Sunday at 11am and is available at this link. Masses are also available at the Catholic Archdiocese of Melbourne YouTube Channel at <https://www.youtube.com/user/archmelb>

## Interesting Sites

- **Catholic News YouTube Channel**

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

This site has YouTube clips relating to the Catholic Church. There is a Mass on Demand service which is the first Mass of the Day at St Mary's Church in North Sydney. It is uploaded at the end of the Mass, and is available for 24 hours until it is replaced with the new Mass of the day.

- **Plenary 2020**

<https://plenarycouncil.catholic.org.au>

This site contains the latest news and information regarding the Plenary Council.

- **The Holy Land**

<https://www.seetheholyland.net>

Seetheholyland.net is the retirement project of a journalist who has spent 50 years in secular and religious journalism, not in the Holy Land but in New Zealand. The site looks at sacred sites from a Christian perspective but with respect for the beliefs and traditions of all faiths. In the interests of modern Christian pilgrims, the focus is mainly on sites of the New Testament. It was prompted by a desire to inform and encourage pilgrims to the Holy Land.

- **The Vatican**

<http://w2.vatican.va/content/vatican/en.html>

This site contains links to Vatican documents, information on the Popes, the Vatican Museum, virtual tours of the Basilicas and Papal Chapels, prayers, meditations and a web archive.

## 6 Help & Support

### Information and Resources

- **Beyond Blue** **ph. 1300 224 636**  
<https://www.beyondblue.org.au/>

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

- **CatholicCare Gippsland**  
<https://www.ccam.org.au>

CatholicCare Gippsland is available to all individuals or groups regardless of race, religion or economic status. CatholicCare Gippsland is committed to working towards justice in personal, family and community relationships with a deep sense of respect for life. It offers high quality, professional services, developed in solidarity with the distressed, disadvantaged and vulnerable.

CatholicCare Gippsland services include:

- Counselling across four locations in the Diocese - Sale, Traralgon, Warragul and Pakenham
- A range of programs for couples, individuals or/family members involved with the Family Court (Post Separation Programs)
- Free Conversational English groups
- Pre -Marriage Education across various locations
- Emergency relief

- **eSafety (eSafety Commission) includes: Wellbeing Directory and Parents and Carers**  
<https://www.esafety.gov.au>

eSafety provides a wide range of online safety programs and resources such as an online safety guide, skills, advice, screen-smart parent tour, the big issues and how to help your child deal with online safety issues: Cyberbullying, Online Pornography, Sexting, Time Online, Gaming, Unwanted Contact and Grooming, Digital Reputation, Offensive or Illegal Content and Protecting Personal Information.

- **Grow**  
<https://www.grow.org.au>

Mutual support self-help network for those experiencing anxiety, depression etc. and open to all, irrespective of belief, race, colour or class. Groups meet in some towns in the Diocese of Sale. See <https://www.grow.org.au/> for details.

- **Headspace (Mental Health Foundation)**  
<https://headspace.org.au>

Headspace contains information, resources and support for Young People aged 12-25 going through a tough time, and their families and friends. Tabs include: Life Issues, Health & Wellbeing, Mental Health, Alcohol & other drugs, Work & Study, Yarn Safe (for Aboriginal & Torres Strait Islander people), Work & Study, Personalised Work and Study Support. Headspace offers free support and counselling. You can locate Headspace Centres at <https://headspace.org.au/headspace-centres>

- **In Touch Multi Cultural Centre Against Family Violence** ph. 1800 755 988  
<https://intouch.org.au/>

A Victoria-wide specialist family violence service that works with women from migrant and refugee backgrounds, their families and their communities in the areas of helping those affected by domestic violence and in preventing domestic violence.

- **Kids Helpline** ph. 1800 551 800  
<https://kidshelpline.com.au/>

Contains resources for kids of all ages and for the adults who support them.

- **Jesuit Social Services (Melbourne based)**  
<https://jss.org.au>

Practical programs of service, social action, advocacy and research, including difficult areas of social disadvantage and need, for individuals, families and communities plus publications and news.

- **Mackillop Family Services (Melbourne based, working across Victoria & other states)**  
<https://www.mackillop.org.au>

Catholic support agency to foster hope and promote justice for children, young people and families, particularly those who have experienced distress, disadvantage and abuse. The contact details for the Victorian Central Office are Email: enquiry@ mackillop.org.au Phone:(03) 9699 9177 and Address: 237 Cecil St South Melbourne VIC 3205.

- **National Debt Helpline** ph. 1800 007 007  
<https://ndh.org.au/>

Provides many resources and the offer of free financial counselling over the phone or via the online chat from Monday to Friday 9.30am to 4.30pm. The financial counsellors are there to provide support, not to be judgemental. There are interpreter and hearing support available. Choose the "Contact us" button for more details.

- **No to Violence Men's Referral Service** ph. 1300 766 491  
<https://ntv.org.au/>

Victorian phone hours – Mon-Fri 8am to 9pm, Sat- Sun 9am to 6pm

No to Violence works with men who use family violence, and the sector that supports them to change their abusive and violent behaviour.

- **Safe Steps Family Violence** ph. 1800 015 188  
<https://www.safesteps.org.au/>

Victorian site providing information for people affected by domestic violence and those who support them.



- **St Vincent de Paul Society**  
<https://www.vinnies.org.au/page/About>

St Vinnies branches and shops with outreach are connected to most parishes and towns. Check website or your local 'phone directory.

- **The South Eastern Centre Against Sexual Assault (SECASA)**  
<https://monashchildrenshospital.org/secasa/>

SECASA offers a range of services including counselling for victims/survivors of sexual and physical assault, children and adults, female and male. The centre also works with non-offending family members, partners, caregivers and support workers. The Southern Metropolitan Region encompasses the south east suburbs of Melbourne and covers the Mornington Peninsula, Westernport and the Dandenong, Berwick, Cranbourne and Pakenham growth corridors.

## Annulment, Divorce

- **Divorce & Marriage Tribunal**  
<https://www.cdsale.org.au/tribunal>

Marriage breakdown is usually a traumatic experience for all concerned. Many separated and divorced people wonder about their status within the Church. After a marriage breakdown, it is possible to apply to the Church for an annulment. This site provides information to help you decide whether you may be eligible for an annulment and the process involved.

- **Divorce and the Catholic Church Q&A**  
<http://www.acmfc.org.au/wp-content/uploads/2012/02/DivorceFAQsweb.pdf>

This booklet is an attempt to explain some of the principles underlying the Church's approach to issues around divorce, remarriage and the Eucharist.

## Anti-Pornography Assistance

- **Anti-Pornography Resources (Diocese of Baton Rouge US)**  
<http://www.mfldiobr.org/anti-pornography-resources.html>
- **'Break free...' Catholic Weekly (Sydney) article 9 January 2017**  
<https://www.catholicweekly.com.au/chris-gordon-break-free-from-porn-addiction>
- **eSafety (eSafety Commissioner)**  
<https://www.esafety.gov.au>
- **Pornography (Catholics Come Home)**  
<https://www.catholicscomehome.org/your-questions/moral-issues/pornography>

## Coping with Addictions

- **Alcohol and Other Drug Family Service**  
<http://www.ccam.org.au/page/11/alcohol-other-drug-family-service>

A service of CatholicCare Gippsland

- **Gambling Help Online and Gambling Help Services in Victoria**  
<https://www.gamblinghelponline.org.au>  
  
and  
  
<https://www.gamblinghelponline.org.au/services-in-your-state/victoria>

24/7 online help and support, for those impacted by gambling (your own or someone else's) with Gambling Help Online in Victoria.

- **Vic Health: Alcohol and Other Drugs Treatment Services**  
<https://www2.health.vic.gov.au/alcohol-and-drugs/aod-treatment-services>

## eSafety

- **eSafety (eSafety Commissioner)**  
<https://www.esafety.gov.au>
- **Stay Smart Online**  
<https://www.cyber.gov.au>

This Australian Government site contains advice on how to protect yourself online, as well as up-to-date information on the latest online threats and how to respond.

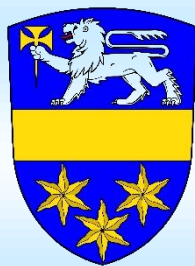
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**Please note: All web links were correct at the time of publication. We have no control over or responsibility for any change of content.**

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