

# THE CATHEDRAL OF ST. PAUL



## A Note from Melinda

Hi Cathedral families,

This is a challenging time right now, with everyone home, trying to discover how to keep your kids learning, physically active, and sustain yourselves. We wanted to pass along a few resources for spirituality during this time. If you know of others, please let us know so we can share. Additionally, please let us know how we can best support you and your family during this time- whether that means setting up a Zoom call for parents, creating a separate Facebook group or Slack- or just holding you in our prayers. We are here for you.

Melinda

## Resources

### Video:

**Bible Project:** Really solid video material on anything from how the Bible came together, to stories and themes found in scripture. Great for any age, particularly tweens and up.

**BimBam:** Excellent videos from a Jewish rabbit on Hebrew Bible stories and tradition. Geared to younger kids, but Melinda has used them with adults, too.

### Digital:

**Do Faith at Home:** Episcopal lectionary readings and reflections

**Faith 5:** five easy steps to build a faith practice each day

**Grow Christians:** articles and links for parents about faith and home

**Spiritual Parenting:** good resource and articles on parenting, mindfulness in parenting, and ideas

**Crossroads Kids Club:** fun videos (AJ has used a few "God's Story" videos in Sunday School class)

Placing an Amazon order?

**Faithful Families:** an excellent resource with easy to do activities for building faith

**Jesus Storybook Bible:** This is Melinda's favorite Bible for kids. It is written like a real story and so reading it to kids is a pleasure.

## Prayer

God of compassion,  
whose Son Jesus Christ, the child of Mary,  
shared the life of a home in Nazareth,  
and on the cross drew the whole human family to himself:  
strengthen us in our daily living  
that in joy and in sorrow  
we may know the power of your presence  
to bind together and to heal;  
through Jesus Christ our Lord.  
Amen.

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[Comments, questions about this email? Contact AJ Noyes.](#)  
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