



The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

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Supporting Spiritual Wellbeing from the BKCAT Mission Committee

We are very aware of the challenges that we face in COVID times as a Faith community in the restrictions which are in place to protect our world but yet at times feel like they restrict our practice and worship. There are many resources available to support mental health and wellbeing, but we thought we would try and provide a few links to support your own personal spiritual and faith development.

The links below are some we have found useful recently and we hope they help you in some way without having to go searching too far for signs of spiritual support. If you find any further suggestions please email admin@bkcat.co.uk with any further suggestions so these can be added.

- **A short two minute reflection on hope for this New Year:**
<https://vimeo.com/499092671>
- **In need a movie with a difference? Five must see films involving faith:**
<https://youtu.be/OdHOG0TC-5E>
- **A whole range of resources are available on The Bishop's Conference of England and Wales website:** <https://www.cbcew.org.uk/home/our-work/health-social-care/coronavirus-guidelines/>
- **There are some very useful resources on the Catholic Mental Health Project website:** <http://www.catholicmentalhealthproject.org.uk/news/what-can-catholics-do-to-protect-their-mental-health-during-the-coronavirus>
- **Conversations around faith in COVID times:**
<https://www.faithaction.net/go/coffeehouse/>
- **An ecological perspective of life and global healing:**
<https://vimeo.com/277781433>
- **For those familiar with the Examen and the 'Pray as you Go' with Jesuit Ministries, this is a newer development to 'Pray as you Stay' in lockdown:**
<https://pray-as-you-go.org/retreat/pray-as-you-stay>

God bless,

The BKCAT Mission Committee