



**KEEPING CONNECTED  
WHILE STAYING APART**



Temple University  
**Collaborative**

On Community Inclusion of Individuals with Psychiatric Disabilities

# Stay Spiritually Connected from Afar

**Area of community participation:** Religion and Spirituality, Social Connectedness

**Description of activity:** Many people value the time they spend as a part of a religious or spiritual community, but these large gatherings are unsafe in many areas of the country right now. How can you stay connected with your community without gathering in person? Many religious communities are stepping up to provide their services using technology. Churches, synagogues, and mosques are live-streaming their services, and many are offering dial-in services to be used with a basic phone. Check out the links below to find a service for you or reach out to your current religious community about possible virtual services.

One great resource is the Christian World Media's Online Service Guide, providing a list of dozens of services per day from around the country, including services for Jewish congregations. Another interesting option is the Pray Live Global Pray Shut In. Worship leaders from different countries and religions are praying in thirty-minute increments, 24 hours a day, 7 days a week, to support those effected by the COVID-19 pandemic. Call 202-897-0505 to listen.

If you're interested in increasing your spirituality and mindfulness, but don't necessarily associate yourself with a particular religion, why not try meditation? Meditation is a great stress-relieving and relaxing technique – check out guided meditations online or on smartphone apps.

**Resources/Materials needed:** You will need a computer, tablet, or smartphone with internet access to access the live-streams, but some resources can be accessed with a basic phone.

## **Potential Benefits:**

**Religiosity** – Our research has found that spirituality can improve your mental health and give you a greater sense of meaning. For many people, religion can be an important part of recovery.

**Social** – Religious organizations offer great opportunities to connect with others! Invite a family member to view the same livestreamed prayer service as you or invite a new friend from a virtual Bible study to get coffee with you in the future.

## **Links to resources:**

<https://www.christianworldmedia.com/wordstream/live-service-guide>

<https://praylive.com/>

[https://www.centralsynagogue.org/worship/live\\_streaming](https://www.centralsynagogue.org/worship/live_streaming)

<https://www.facebook.com/pg/ISBCC.org/videos>

<https://www.meditationoasis.com/>

This document was developed by the Temple University Collaborative on Community Inclusion of Individuals with Psychiatric Disabilities, which is supported by a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90RT5021). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this document do not necessarily represent the policy of NIDILRR and you should not assume endorsement by the Federal Government.