



Hallow

A Catholic Prayer & Meditation App

What is Hallow?

Hallow is a Catholic prayer & meditation app that helps users deepen their relationship with God through contemplative prayer.

Easy-to-use, audio-guided sessions anywhere from 1 to 60 minutes long.

Pray your own way with a personalized prayer plan pulling from 3,000+ unique sessions including the Lectio Divina on the Daily Gospel, Rosary, Examen, Night Prayer, Calm & Humility “Praylists” and much more...



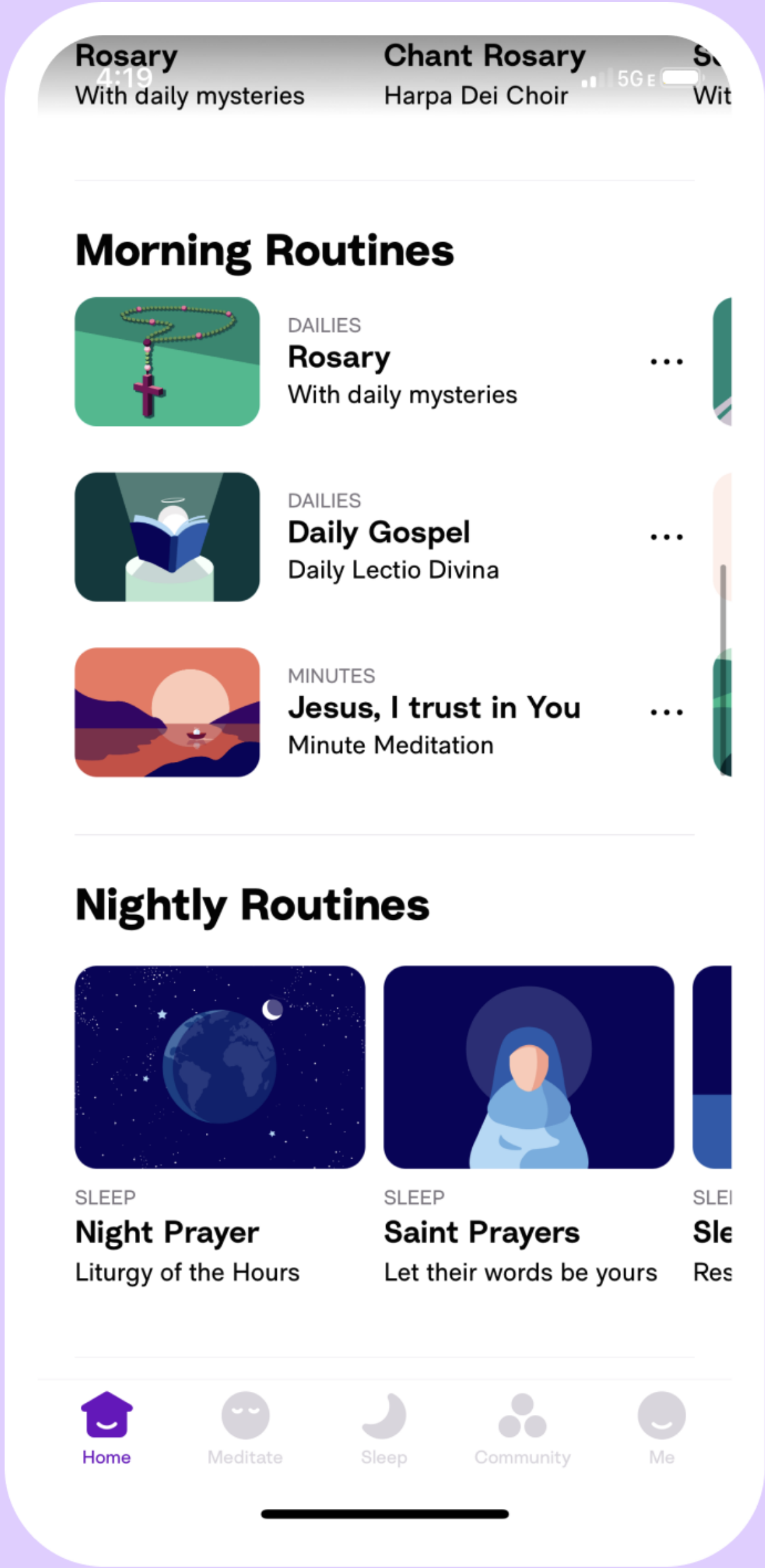
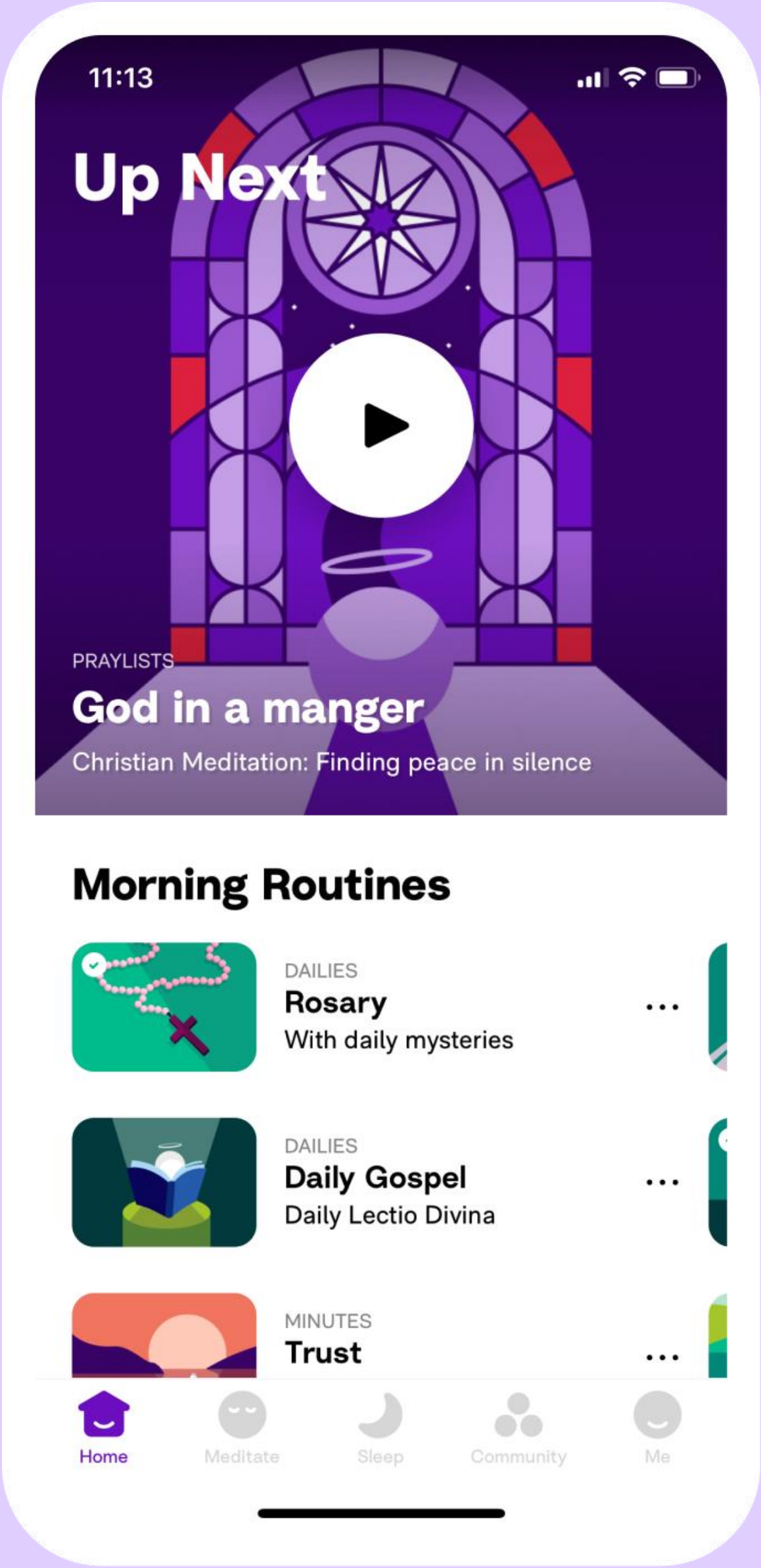
Prayer in your pocket ...

Wherever you are

As a mobile app, Hallow answers the call to “meet people where they are” by making meditative prayer accessible anywhere, anytime.

Build a Habit

Students and faculty can set goals or create a custom prayer plan to focus on their unique needs.



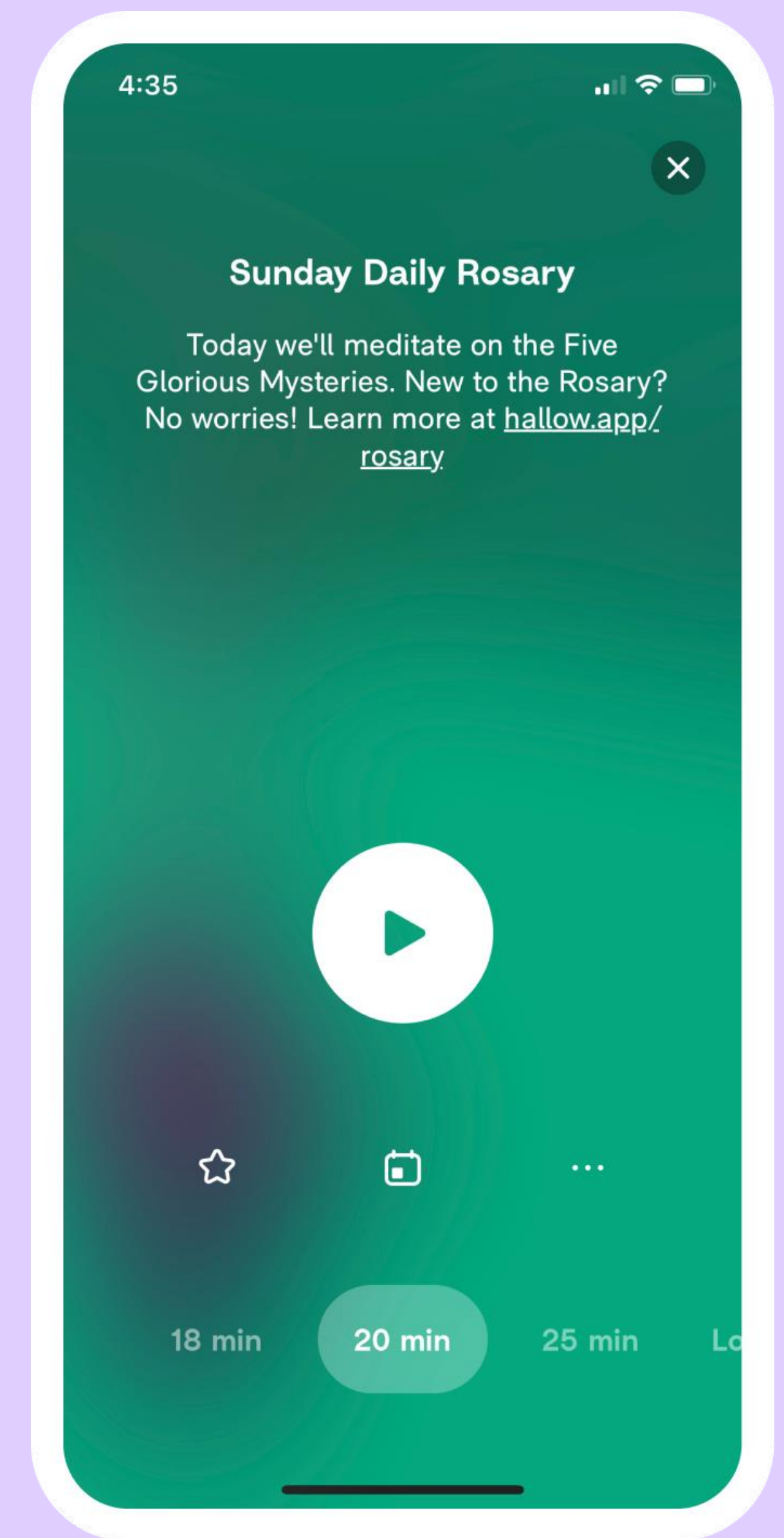
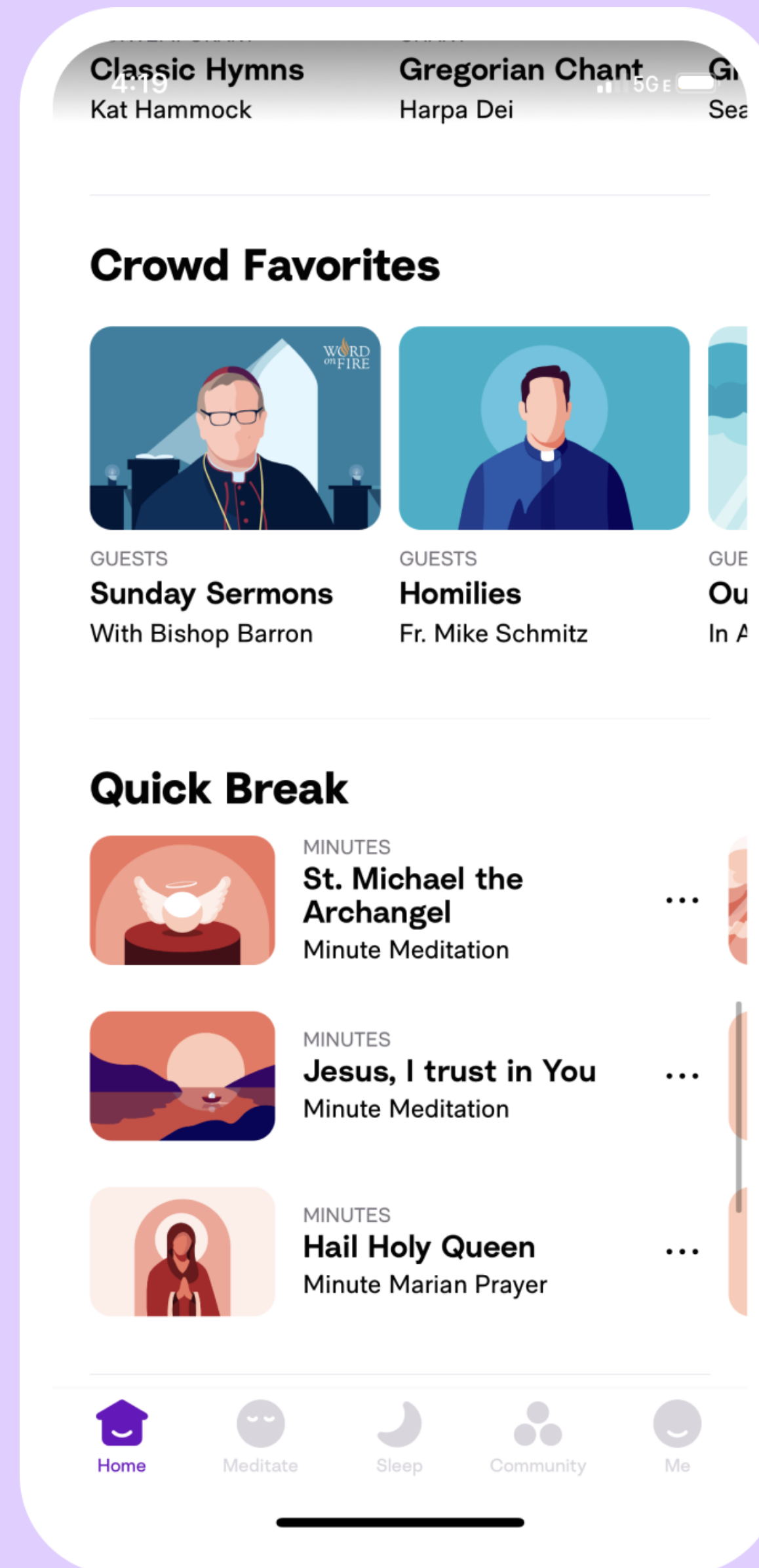
... using the language of everyday life

Make Prayer Easy

Our Intro Challenge or even just a short Minute Meditation are great for people who are learning to pray or unsure where to start.

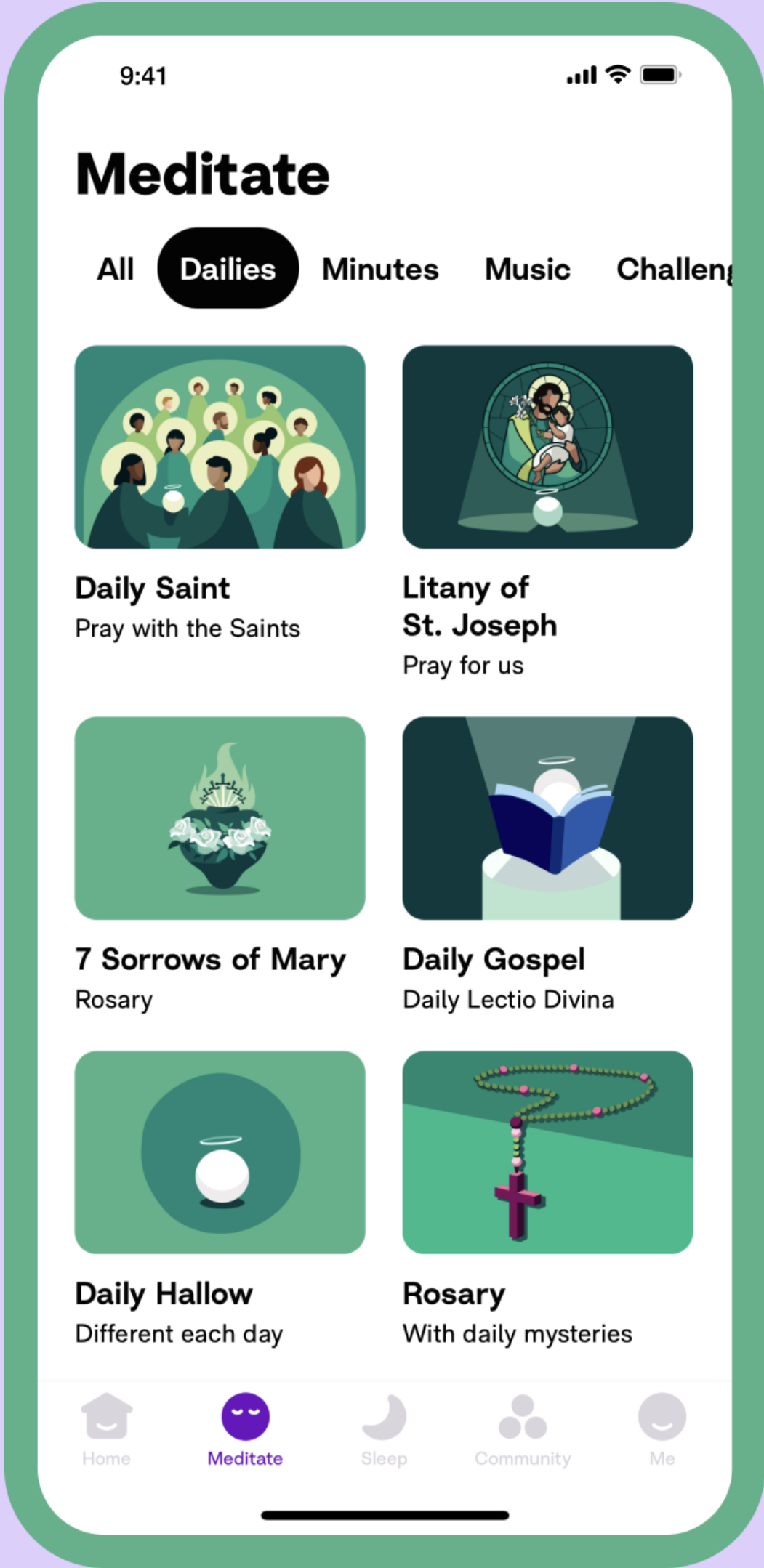
Pray Your Own Way

Customizable with different prayer guides (male or female), varying prayer lengths, multiple background sounds, and even Spanish content.



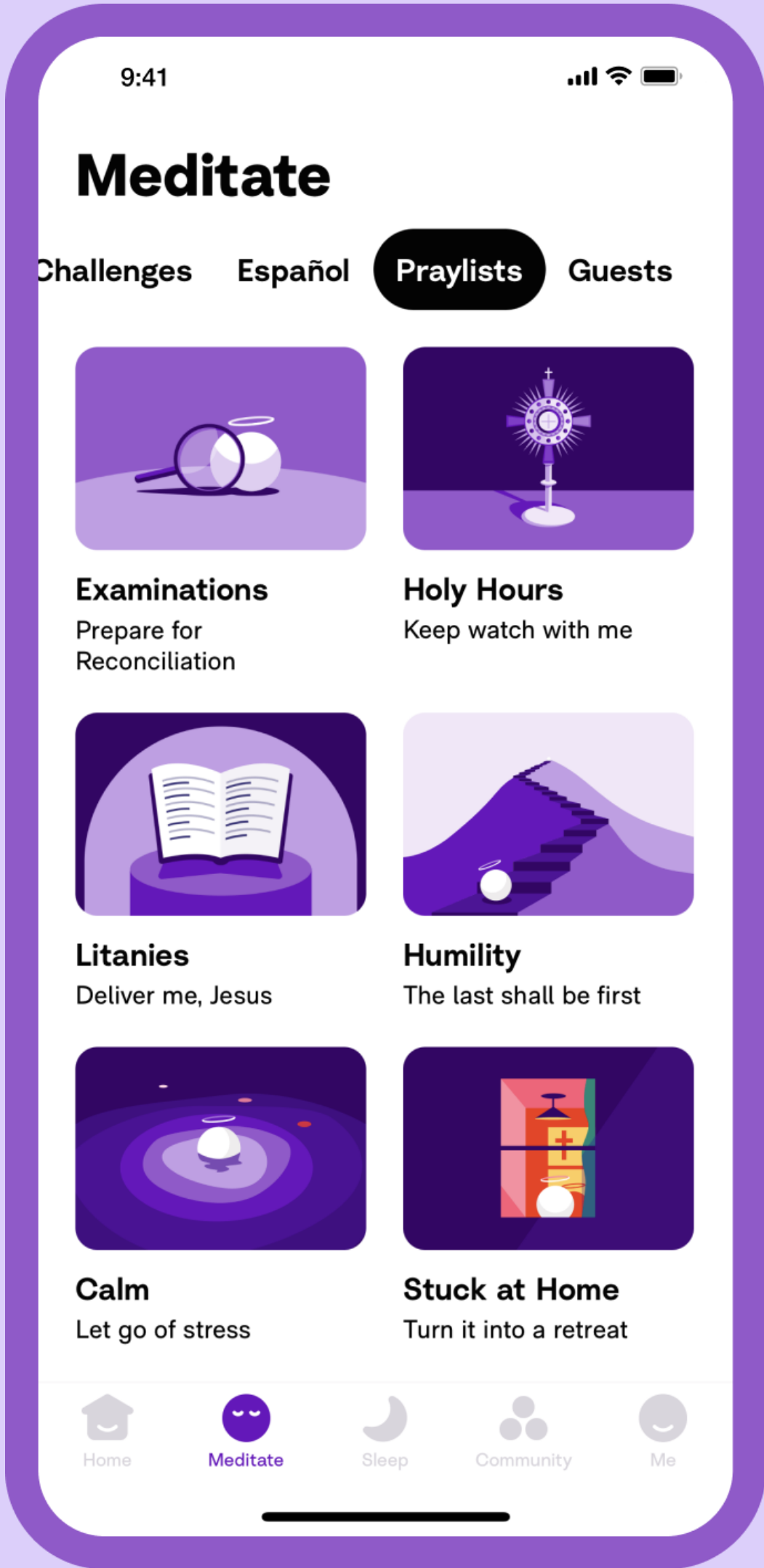
Dailies

Daily meditations using different prayer techniques (e.g. Rosary, Daily Gospel, Examen, Divine Mercy, Spiritual Writing)



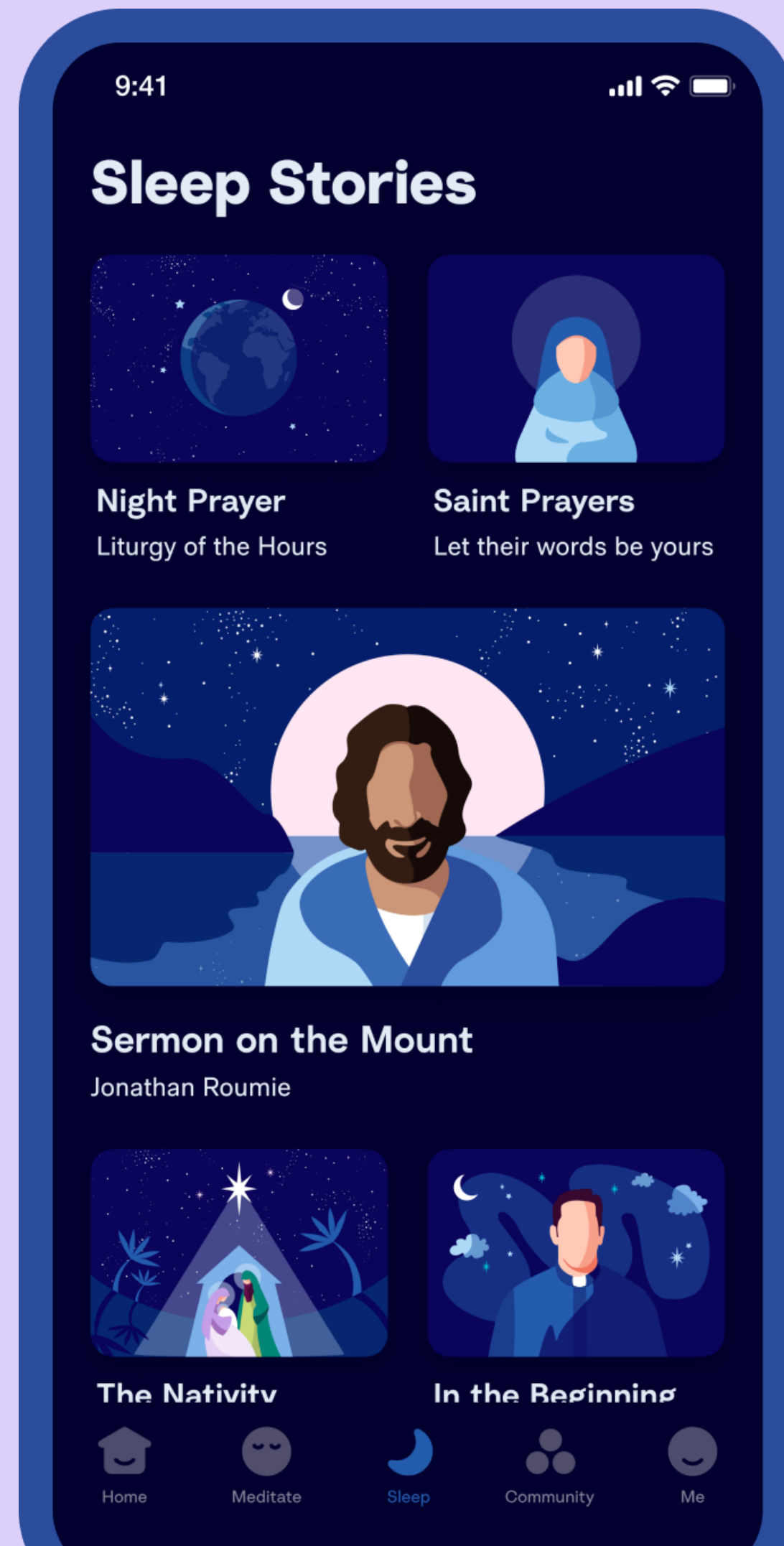
Praylists

“Playlists of prayer” that focus on exploring different virtues or life events using various complete prayer techniques



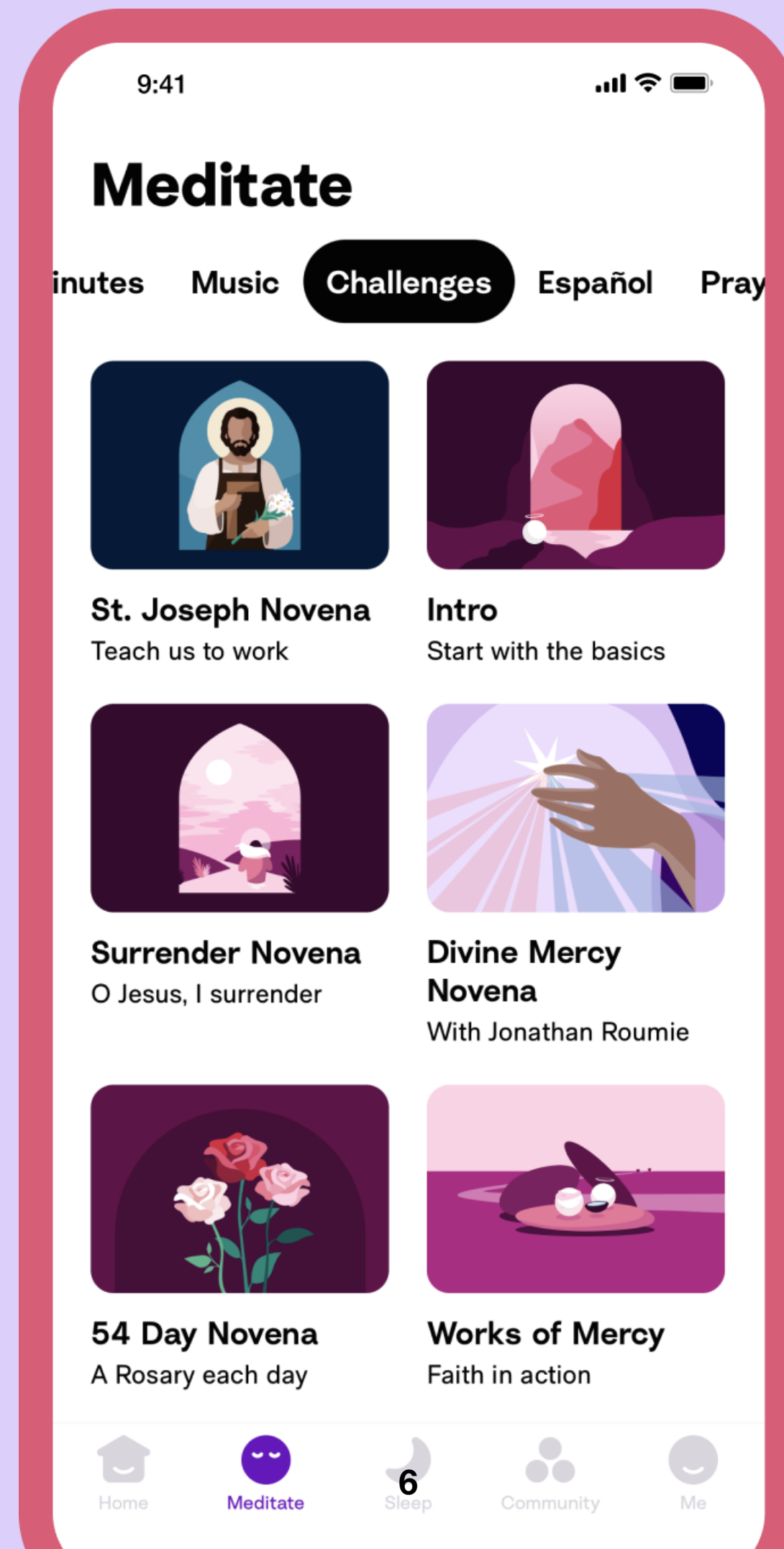
Sleep

Prayers to prepare for bed, featuring Night Prayer from the Liturgy of the Hours and Bible Stories from guests like Fr. Mike Schmitz



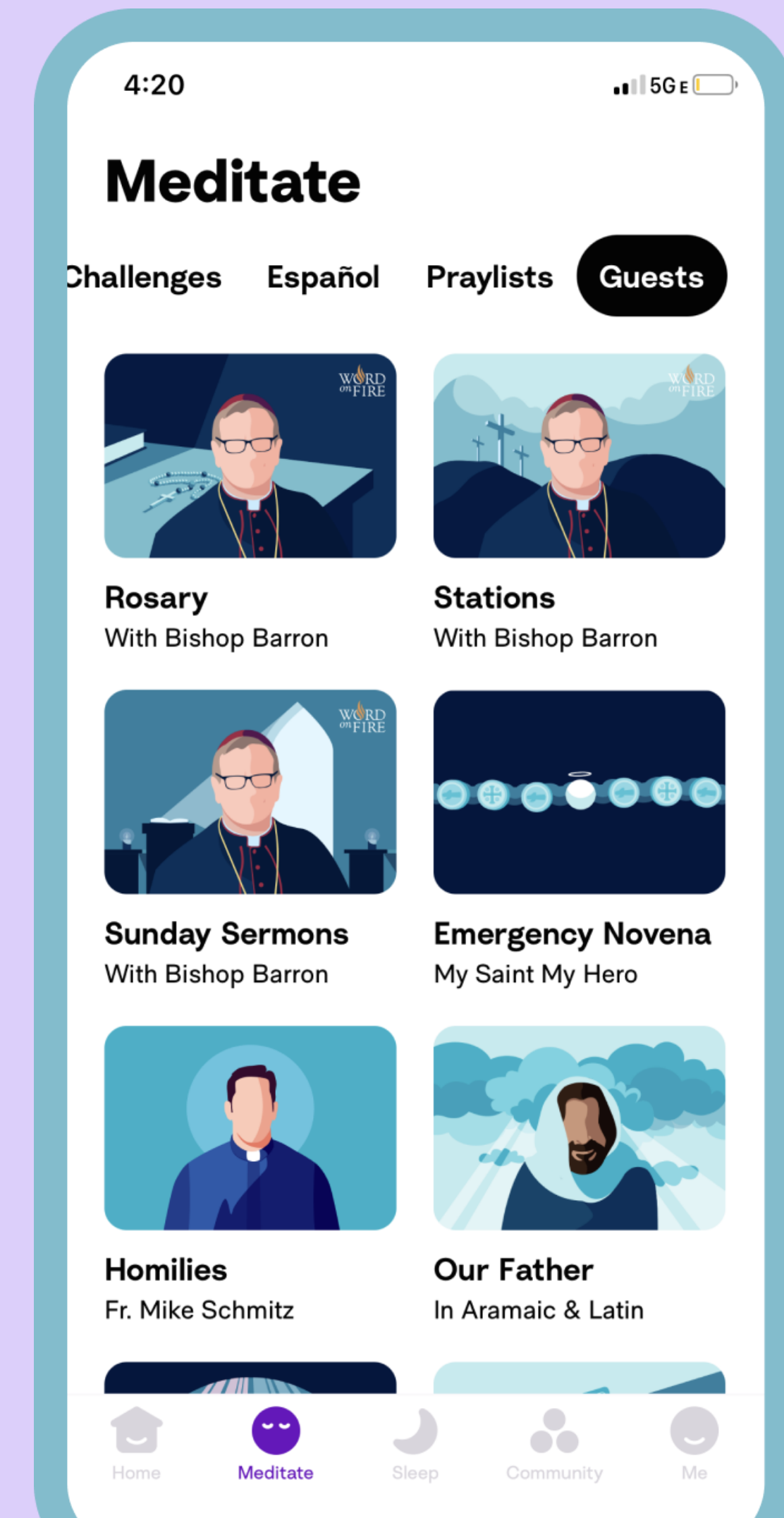
Challenges

An opportunity to explore the depth behind familiar topics in the faith world like the Our Father, the Saints, Works of Mercy, and more.



Guests

TED Talk-style sessions from guests ranging from Bishops to bloggers to high school teachers on different aspects of life



... with season content and challenges.

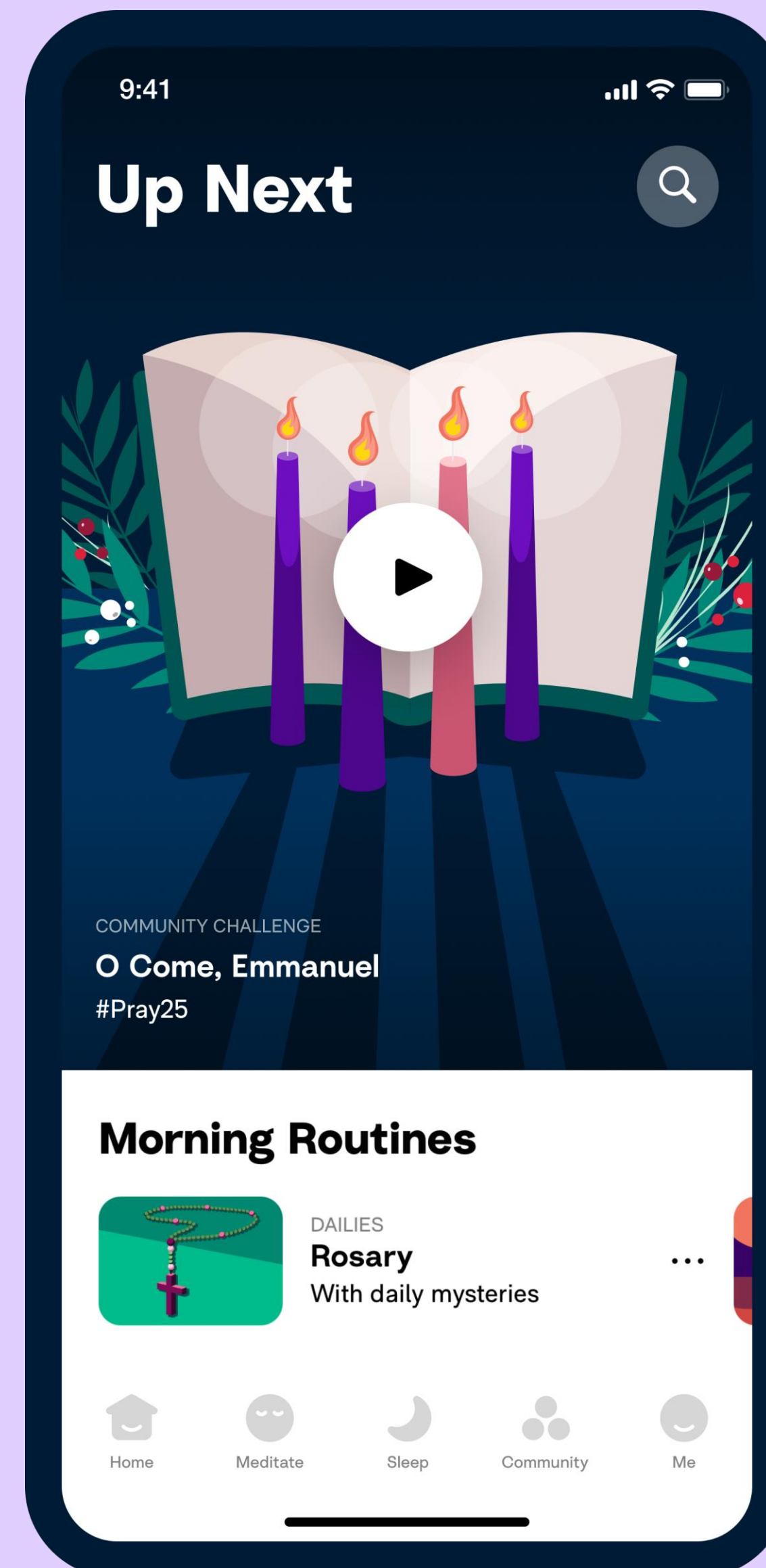
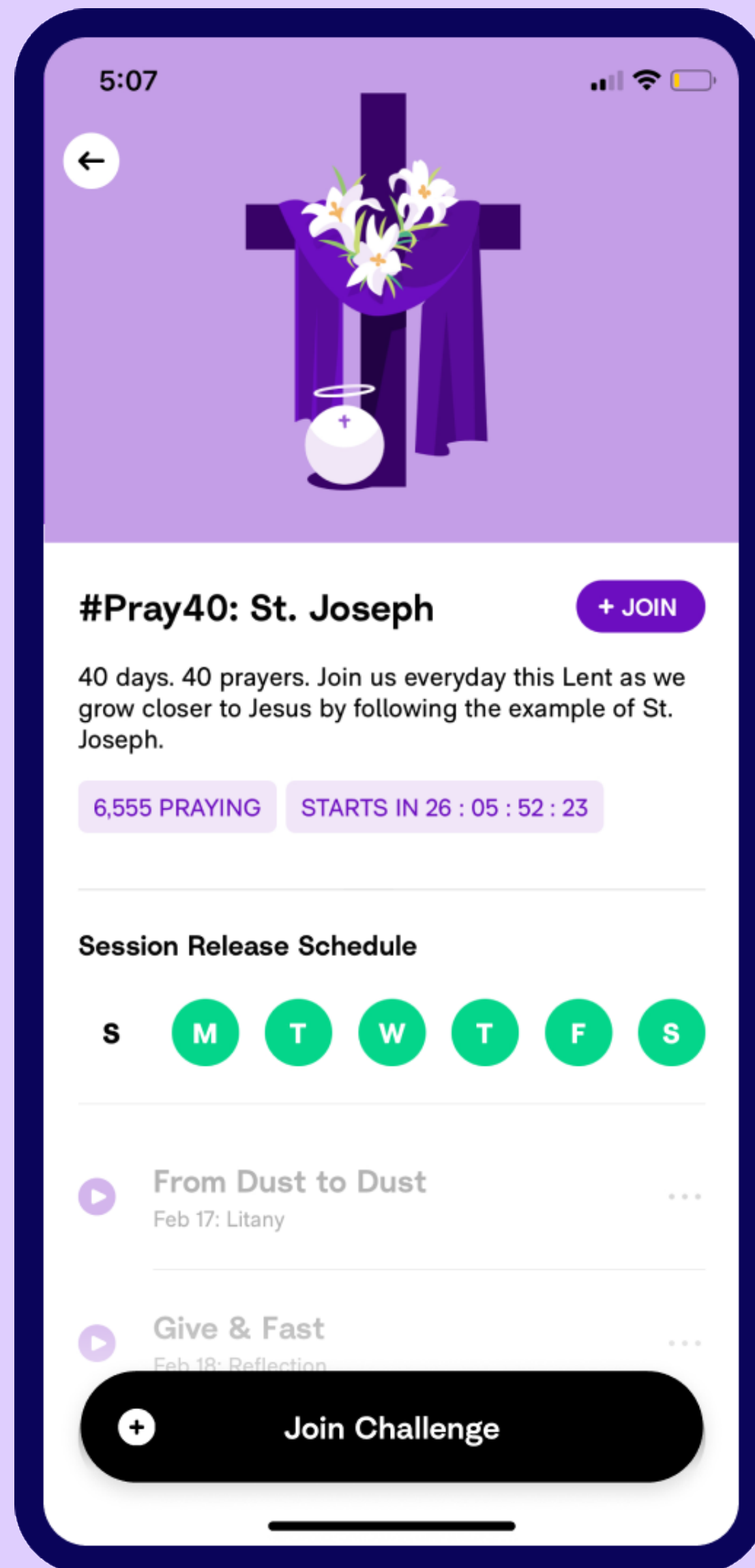
At any point in the year, users are invited to unite as a spiritual family to pray together through Community Challenges;

Previous Community Challenges include: Surrender Novenas, the 54 Day Rosary Novena, and weekly family prayers;

Every Advent and Lent we also host a #Pray25 and #Pray40 challenge featuring daily meditations for the duration of the season;

This year's Lent #Pray40 challenge during the year of St. Joseph focused on growing in the virtues of the Patron of the Universal Church;

Additional seasonal content includes holy hours, seasonal music, and more.



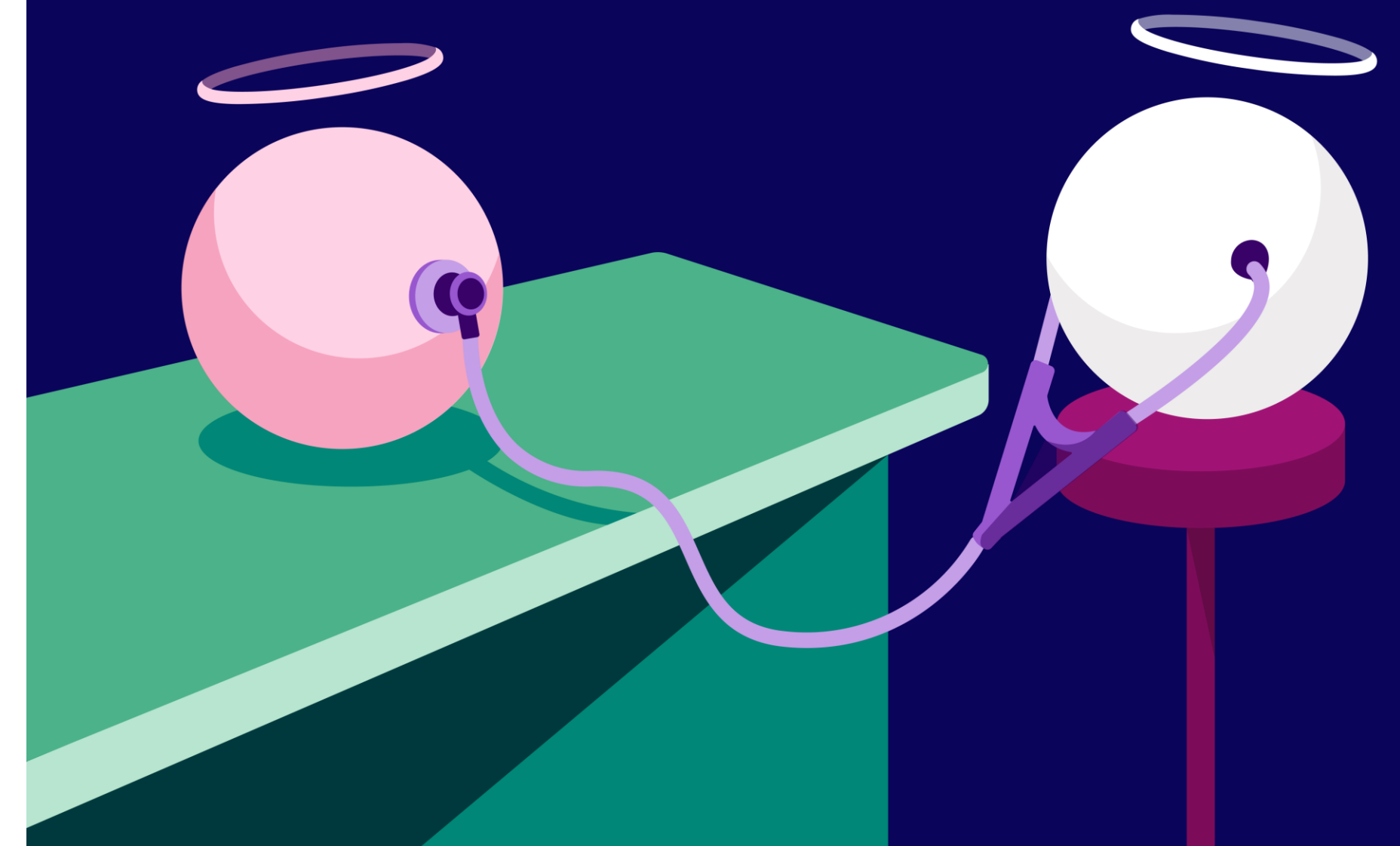
New Content For Schools

All New Mental Health Content

We've partnered with experts in the field of Catholic mental health to create exclusive content focusing on some of the struggles that young people face most often, including:

- Stress and Anxiety;
- Depression;
- Addiction;
- Relationships;
- Self-worth and Affirmation;
- Building Healthy Habits;

We will continue to add new content specifically focused on providing tools for students and teachers to strengthen their mental health.



Featuring:



Dr. Bob Schuchts & Sr. Miriam on Healing

Founder and presenter at the
John Paul II Healing Center



Regina Boyd on Stress & Anxiety

MA in Mental Health Counseling
Founder of Boyd Counseling Services



Dr. Anthony Isacco on Addictive Tendencies

Ph.D. in Counseling Psychology
Director of Training at Chatham University



Dr. Gerry Crete on Grace-filled relationships

Ph.D. and licensed marriage & family therapist
Co-Founder of Souls and Hearts



Sr. Josephine Garrett on Building healthy habits

MA in Clinical Mental Health Counseling
Elementary School Counselor

Authentically Catholic

"Hallow is an excellent resource for people searching for deeper spiritual lives, especially the younger generation of Catholics today. It helps make clear that a relationship with God is and can be extremely personal and can be a great source of peace, joy, and strength."

Bishop Kevin C. Rhoades

Bishop of Fort Wayne-South Bend

"Hallow is an outstanding resource to deepen in authentic Catholic prayer and spirituality. It is good for all age groups and will be a very useful tool in the toolbox for all leading or teaching in parish religious education programs, Catholic schools, parish RCIA and adult education programs...frankly the whole gamut of ministries within the Catholic Church."

Jim Gontis

Diocese of Harrisburg

Director of Evangelization and Catechesis

"I've absolutely loved our experience working with Hallow. In multiple conversations with our teachers, I've heard how they were able to use the app as a resource to deepen their own faith or to start a class with their students in unique, engaging styles of prayer. All Catholic School educators should have the Hallow app!"

Kevin Fitzsimmons

Alliance for Catholic Education

Associate Program Director

"It is incredibly well put together and it's also 100% Catholic. It's really a terrific app. My wife and I use it. If you are someone that wants to grow in your prayer life, this is really going to help you."

Matt Fradd

Founder of Pints with Aquinas

"Prayer is the best way to prepare to meet the Lord when He comes. Try the Hallow App"

Fr. Mike Schmitz

Diocese of Duluth

"We all know how difficult it is to "be still" in the busy lives that we keep. Hallow is the practical tool that helps young Catholics today to "be still" and engage the God that is looking to step into their lives, to meet them where they are at. This is modern evangelization."

Fr. John Puodziunas

CFO at Global Franciscan Friars



Why Hallow for Schools?

We know that students of all ages are struggling with mental health challenges. We also know that Catholic schools are looking for ways to support their students' mental health while remaining true to their Catholic identity.

We believe Hallow is the solution.

By incorporating Hallow into the lives of students, Catholic schools can provide an easy-to-use mental health resource and help their community members build a personal relationship with God.

**But don't just take
our word for it...**

What people are saying

Finding peace for the first time.

This app has been an answer for my weary soul. Tears pour as i try to impress on you how deeply i am impacted by the guidance into simply being with God. This is where my soul is finding peace for the very first time.”

I need this so much.

Hallow is putting quiet, prayerful time with God back in my life...being asked what I am taking away from prayer time with God is truly a gift...I so so need this app to help me pray regularly again and can't recommend it highly enough.

I've felt closer to God ever before.

I'm new to the Catholic faith, and grew up praying in the Protestant tradition. This app is so helpful in learning not only how and why we pray the way we do, but the meanings behind the words of the prayers themselves. I've felt closer to God than I ever have before with the help of this app and the development team.

#1

Catholic App in the App Store, globally

20M+

Prayers Completed

1M+

Downloads

4.9

Rating on the App Store with over 10,000 five star reviews

From Teachers in the Classroom

87%

“I found the time spent praying with my class using Hallow spiritually rewarding”

94%

“I felt like my students found the time spent praying with Hallow spiritually rewarding”

77%

“My students were more focused / calm after praying with Hallow”

“

Hallow was a great way for my 8th grade religion class to get started and focus. I actually noticed that after a few days they looked forward to the time to relax and focus and it truly made a difference in the classroom.

“

Hallow has allowed me to introduce meditation into my life and lives of my students. I feel it is a much needed practice for today's world and teaching as well as modeling it is essential. I found great comfort and strength through this program and believe that my students that were open to it did as well. Many blessings!

From Students and Young Adults

Easy way to rekindle a faith life, regardless of experience

“I saw the email from Campus Ministry and I downloaded [Hallow] because it was exactly what I needed ... in this season of life ... trying to come back to have a personal prayer life, but not really knowing how to do it and having an app that could guide me explicitly”

Audio is a differentiator that simplifies usability

“I was trying to use my daily bus ride as a time to pray and I get emails with the daily gospel, but I really like how on the app you can have the daily gospel read to you instead of just reading it. It is easier to focus on what is being said”

Finding peace and joy in a personal relationship with God

“I’m only 14, but I learned that the more I pray the closer I feel towards God which leads me to complete Joy. I’ve used this app or a couple of days now and I’m in love. You’ve encouraged me to become closer to the Bible and word of God. Thank you so much, you changed my life.”

Secular meditation falls short of addressing spiritual hunger

“I’ve been trying to get into meditation apps, and even started using Headspace, but I liked the idea of this fusing that with actual Catholic prayer”

Guided experience makes trying new things easier

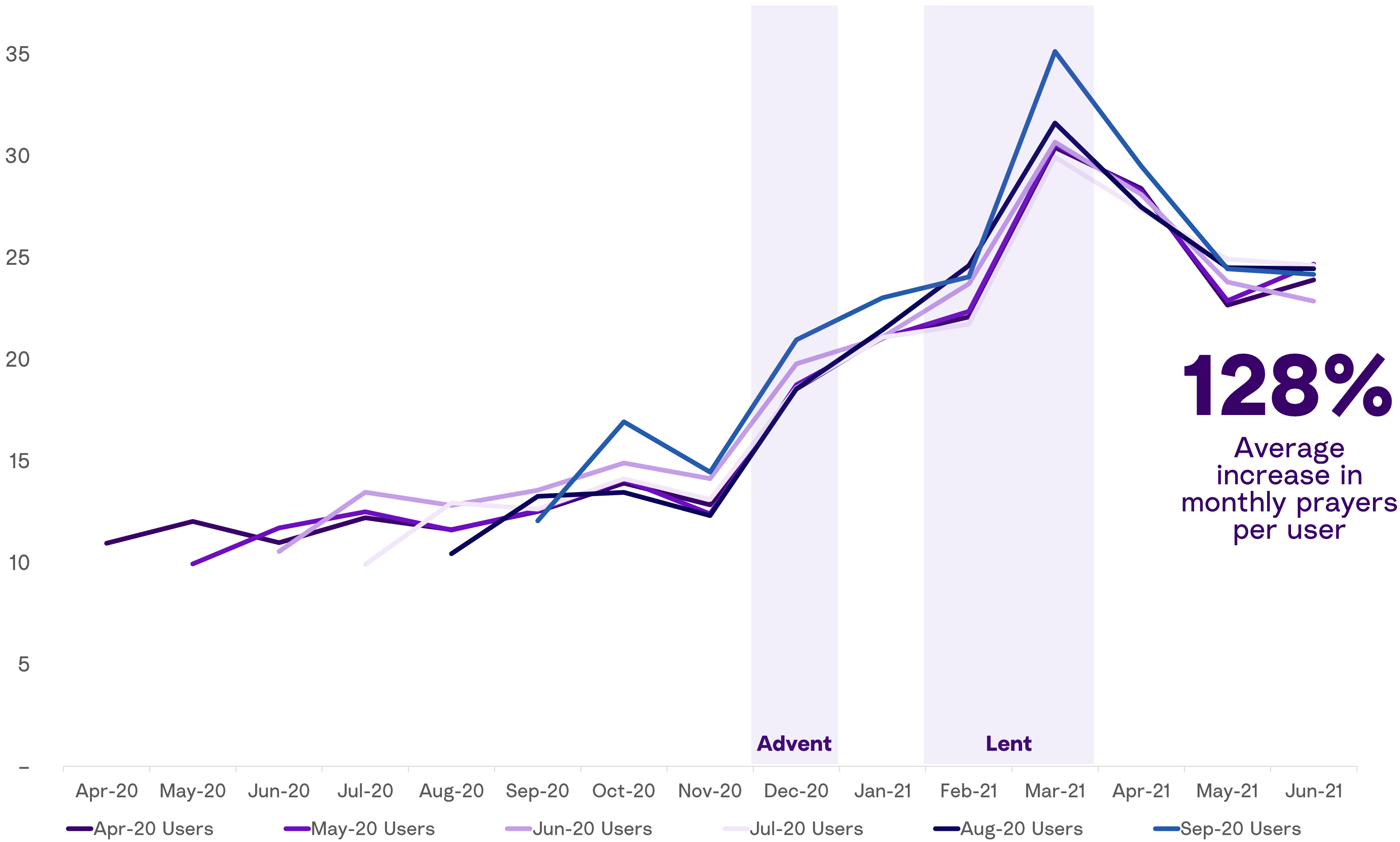
“Praying the Rosary is not something that I had ever done before. I have rosaries and I have been around people doing them, but I don’t know how to do it ... Having it in the app and being able to listen to it on the way to class is awesome”

Enables prayer becoming a bigger part of everyday life

“I was in a space where I wanted to do more reflection and pray on my own instead of just at mass or when things are going wrong ... I got into the daily sessions which were really great”

Hallow helps create a daily prayer habit

Average monthly prayers completed per user



Source: Hallow user data. Monthly cohorts include all users who installed Hallow in a given month and who have prayed at least 5 times using the app.

schools@hallow.app

