Hallow

Welcome Parents of St. Peter School!

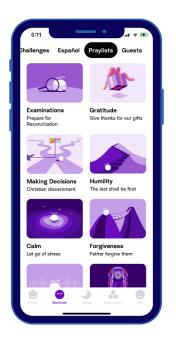
Dear Parents,

We hope you have been staying safe and sane during this start of another school year.

As you may have heard, St. Peter has partnered with Hallow, a <u>Catholic prayer and meditation app</u> to provide Hallow as a resource to strengthen both the mental and spiritual health of the school community.

Hallow is the #1 Catholic app in the world and includes over 3,000 audio-guided prayers spanning from quick minute meditations to entire holy hours, and everything in between.

The app is specifically designed to offer something for everyone, including:



Daily Gospel and Rosary

All of the classic Catholic prayers, plus over 3,000 audio-guided meditations, homilies, and reflections with the Saints

Praylists, Novenas, & Music

Curated meditations and exclusive music on love, joy, hope, humility, discernment, gratitude, forgiveness and more

Exclusive Mental Health Content

Prayers and talks addressing topics like managing stress, overcoming addiction, building healthy relationships, healing from emotional wounds, and more

Bible Stories and Sleep Content

Close your day with Christ with an Examen, Night Prayer, or a Bible Story from Fr. Mike Schmitz, Bishop Barron, Emily Wilson, and others

The app is completely free to download and has hours of permanently free content, as well as an option to upgrade to a premium subscription for additional content. Your student has full access to everything in the app through the school.

As part of our partnership, YOU also have access as a family to an extended free trial of the premium content in the app. To try it out for yourself, simply <u>click this link to get started</u>.

If you have any questions or if there is anything we can offer up in prayer on your behalf, please do not hesitate to reach out to us directly at schools@hallow.app.

God bless you, Alessandro DiSanto Co-Founder @ <u>Hallow</u>