**'Pray as You Go'**
The 'Pray as You Go' app for mobile phones, is really worth a look and it is free to sign up to.  Each day it provides a program or podcast which is about ten minutes long. Usually it starts with a piece of music to calm and focus the listener. This is then followed by a bible reading and a reflection before finishing with a different piece of music. It is rooted in Ignatian spirituality but you do not need to know anything about this to appreciate it.