

Inspire Daily Prayer in Your Parish with the Amen App

The journey from his background in marketing and strategy for start-up wineries in the Napa Valley to the opportunity to help launch the Amen app for the Augustine Institute has left Eddie Trask a little breathless.

“It happened so quickly, I’m still in shock,” Trask said.

Trask reverted to his Catholic faith just two years ago and said that after the birth of his fifth child in May, he was “on fire to do something Catholic.”

A friend told him that he should submit a resume to the Augustine Institute, where he was already enrolled in graduate courses in theology. Soon after he submitted his resume, he received a phone call. Would Trask be interested in helping to launch Amen, an app that delivers Catholic Scripture, prayers, wisdom, meditations, and stories to anyone with an iOS or Android device?

He was interested and joined the Augustine Institute at the beginning of August.

“It’s been an absolute blessing,” Trask said.

Trask describes Amen as the audio complement to FORMED but with unique content as well, including daily Mass readings, meditations, and sleep stories. And the beauty of Amen, Trask said,



Amen™



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is that someone who wants to download the app may do so for free—even if that person does not belong to a FORMED parish.

“People are super-busy,” Trask said. “When they’re driving, they can stay in the Word and stay present in the faith with Amen.”

Three months after Amen’s launch, Trask called the response “exceptional.” The app had been downloaded 115,000 times and had garnered 7,000 five star reviews.

When the members of the Amen team began reading the app’s online reviews, “a number of us got tears in our eyes,” Trask said.

“I needed a way to journal daily on the Scriptures of the day and be able to access them whenever I want. This app is an answer to that prayer! Thank you!” one reviewer wrote.

“It is a wonderful app!” another commented. “I like the flexibility in being able to create a timeframe that works for you. I use it daily and share the app and some of the items in the app [with] all of my religious education families every week.”

A third shared: “Sometimes when my day is getting to be too much, I find something soothing and just spend a few minutes in quiet thought and meditation.”

Trask is working on helping parishes share Amen with their congregations. The Augustine Institute has created a flyer, bulletin ads, and social media posts that parishes can insert into their own communication. And Trask said that parishes might consider a “Take your phone to church” day, when parish leaders can quickly and easily lead members of the congregation through the downloading process, following the Closing Prayer.

With Amen, Trask said, it is possible to “remove barriers to prayer through simple pieces of audio content.”



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