

# Create a Home Culture of Spirituality . . .

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## Environment

Are there physical reminders of the sacred in my home?

Where is Sacred Space?



## Customs

What social habits or practices “season” my family time with the sacred?

## Rituals

What routines integrate awareness of God into the daily events of my family life?



## Sacramental Life

What special occasions are annually celebrated with family Eucharist?

When does my family celebrate the Sacrament of Reconciliation?

## Personal Example

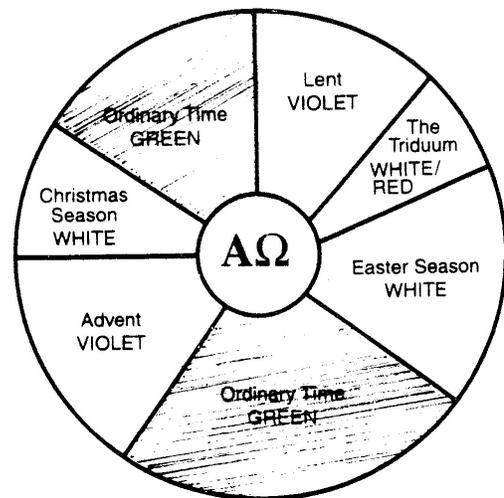
How frequently do I demonstrate my personal relationship with God?

## . . . throughout the Liturgical Year

In the course of a year the Church celebrates the whole mystery of Christ: birth, life, death, resurrection, ascension, promised return, and the coming of the Holy Spirit at Pentecost. The liturgical cycle suggests a rhythm of Christian prayer that leads to Easter and flows from it. Easter is the central and most solemn feast of the year.

The seasons of the liturgical year are like a mini-series of salvation history. The six-episode story makes present:

- the ancient longing for the Messiah (**ADVENT**)
- the fulfillment of God’s promise to send a savior (**CHRISTMAS**)
- the public life and ministry of Jesus (**ORDINARY TIME I**)
- that led to his passion and death (**LENT**)
- the resurrection and ascension of Jesus (**EASTERTIME**)
- the fulfilled promise of the Father and Son to send the Holy Spirit to guide us until the end of the world when Christ will come again in glory (**PENTECOST/ORDINARY TIME II**).



**IHM Office of Formative Support for Parents and Teachers**

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# Some Practices for Ordinary Time

*65% of the liturgical year (34 Weeks) is Ordinary Time*

<b>Prayer Center</b>	Window sill, tiered corner shelving, coffee table, top of family TV, . . .
<b>Prayer Dish</b>	Container to hold prayer intentions
<b>Table Centerpiece</b>	Liturgical color, symbols related to feasts that occur during Ordinary Time, i.e., picture of the Sacred Heart, birthday candle for Mary (Sept. 8), Crown of Christ the King (End of November), etc., a thought-a-day calendar, a miniature easel to hold a focus picture/quotation/symbol, . . .
<b>Family Motto</b>	Hang a banner of your family motto above the entrance to the common room, i.e., “Do whatever He tells you.” “That Christ may reign.” “Love one another.”
<b>Mealtime</b>	Pray Grace before and after meals.
<b>Morning Greeting</b>	Create a special morning greeting. For instance, “Good morning, Laurie. You are a gift from God.” (Laurie responds): “And everything God makes is good.”
<b>Bedtime Blessing</b>	Example: “Good night and God bless you, Aiden. May God watch over you and keep you. And may you grow p to be a good and healthy boy.”
<b>Parting Blessing</b>	When children leave the house: Mark your child’s forehead with a sign of the cross and say, “May God bless and keep you and bring you home safely to me.”
<b>Sunday Gospel</b>	Discuss the ABCs of the Sunday Gospel: Attitudes, Behaviors, and Consequences of Choices.
<b>Annually Consecrate the Family Home</b>	Honor the Triumph of the Cross (Sept. 14) with family Mass in the morning. At home remove the family crucifix from the wall and pray, “We adore you, O Christ, and we bless you because by your holy cross you have redeemed the world.” Allow each person to make a physical expression of reverence and then re-enthron the crucifix.
<b>Service Sunday</b>	Perform a family service project on the feast of Christ the King (our Servant King) on the last Sunday in Ordinary Time.