

Family Spirituality



Create a Year-Round Culture

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Spiritual Heirlooms . . . Treasures



- **By what virtues do I most want to be remembered ?**

Spiritual Heirlooms . . . Treasures



- **What do I offer my children that will carry them through life, in good times and in times of stress and trial?**

- **What part of me do I want my children to integrate into themselves -- to inspire, direct, and advise them when they are away from me and after I die?**







Creating a Spiritual Culture







Is a Counter-Cultural Challenge!!

“ ”

**Creating SPIRITUAL HERITAGE
Is a *Countercultural Challenge***

Times have changed. Sunday mornings are filled with entertaining TV shows, swim meets, league games, travel demands. Holy Days have given way to commercialized holidays. It's not that people have become irreligious. No. The rhythm of life has. The social rhythm of life is no longer automatically turned in to the practice of Christianity. . . If I'm going to practice the Christian tradition of daily prayer [and other spiritual practices], I'm going to have to be 'countercultural' -- a bit out of step.

Bishop Ken Untener (2003). Little White Book, Epilogue

**Parents share
in the evangelizing mission of the Church . . .**

- . . . To proclaim Jesus as Lord
- . . . To spread his Gospel
 - God is love.
 - God is present among us.
 - God calls us to **relationship**, **conversion**, and **transformation**.

5 Ways to Transmit *Spirituality* in the Family Home:

ENVIRONMENT



CUSTOMS

RITUAL

SACRAMENTS

PERSONAL EXAMPLE

ENVIRONMENT

PHYSICAL REMINDERS OF THE SACRED

that integrate an awareness of God in ordinary events



Prayer Bowl



A Prayer Corner

in a room

or

on the landing of a stairway



TABLE CENTERPIECE

Display symbols.



During ADVENT & LENT feature a picture -

- scenes from the Stations of the Cross
- the Mysteries of the Rosary

Tabletop Messages displayed on a Mini-Easel or Business Card Holder



PRACTICES

SCRIPTURE THOUGHTS



PICTURE CARDS

QUOTATIONS



During the season of **PENTECOST** create **TABLE CARDS** of the names & definitions of the **GIFTS OF THE HOLY SPIRIT** and the **FRUITS OF THE HOLY SPIRIT**.

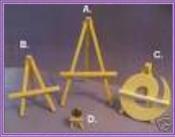


Each day choose a card, discuss it as a family, & practice it the following day.



Post Quotations or Prayers

ADVENT: "Jesus is the reason for the season."
LENT: "Lord, by your Cross and Resurrection you have set us free. You are the savior of the world."
ORDINARY TIME: "Jesus, Mary and Joseph save souls."



- On the Family Mirror
- Above Door Ways
- As Wall Hangings
- At the Light Switch
- On Table Easel



Customs & Rituals

- **Social habits / practices / routines** that "season" family time with the sacred . . .
- Established **procedures, ceremonies, or ways of observing an occasion** . . . that become "**Memory Markers**" and **sacred practices** that transmit from one generation to the next

A "Jesus Chair"

Blessings . . .

- at wakeup
- at bedtime
- when leaving the house
- preceding a disciplinary discussion



God Table-Talk



Designate one day a week for **God Table-Talk**.

Ask questions like:

- “What is one way that you recognized or experienced God this week?”
- “What is one way that you needed God’s help this week?”



• **Mother of Good Counsel**
 . . . **counsel and protect us!**

Stimulus-Response Mantras

• **God is good . . . all the time**
And all the time . . . God is Good!

• **As for me and my household**
 . . . **We will serve the Lord!**

Place the INFANT into the crib



Bless the Family Creche

Court of the Infant King



- Pick a figurine.
- Explain how you will imitate a quality of it.
- Place it into the Creche during a reading of the Gospel story.

www.ParentTeacherSupport.org
 Newsletters – Family Faith – Prayer Ways –
 Court of the Infant King



MAKE SOLEMN
THE GOOD FRIDAY
HOURS, NOON -- 3 PM



- Eliminate TV, stereo, Internet, games, etc.
- Create a mini-retreat.
- View a video of Jesus’ Passion.
- Discuss the Stations of the Cross.
- Pray the Sorrowful Mysteries of the Rosary.
- Bless crucifixes throughout the house:
 “We adore you, O Christ, and we bless you because by your holy cross you have redeemed the world.”

QUIET SATURDAY

Eliminate noise-activities.

Create a schedule that involves family members in **quiet activities** like ...

Schedule Holy Saturday Activities:

☞ Create cards for relatives.

• To each family member write a letter of:

- * apology
- * forgiveness
- * affirmation

Schedule Holy Saturday Activities:

☞ Do good deeds for others, like weeding, cleaning side-walks,

☞ Clean out closets. Gather items for the poor.

Schedule Holy Saturday Activities:

☞ Help with family chores.

 Give family members a small symbol of Christ to carry in a pocket or purse -- a wooden cross, a Christ-coin, a pebble with a cross engraved in it, etc.

 Everytime it is touched let it be a reminder of Christ's abiding presence.



SACRAMENTS

MARKER occasions of participation in the Sacraments

PREPARATION

PARTICIPATION
marked by
 • Attention • Reverence • Devotion

“The duty to take part in the Eucharist every Sunday is a distinguishing element of our Catholic Identity.”



NMI, # 36

☞ Preparation of Gifts

Celebration of Eucharist

☞ Consecration

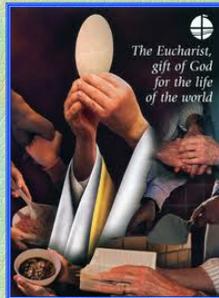
☞ Thanksgiving after reception of Holy Communion



Participate at Mass on Sundays and Holy Days

Cultivate appreciation for the Blessed Sacrament

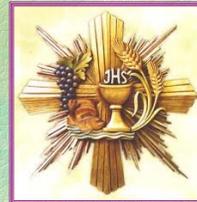
-- the CENTER of Catholic worship.



Eucharistic Prayer

☞ Visits to the Blessed Sacrament

☞ **ACTS** of Love before Jesus in the Blessed Sacrament
Adore, Confess, Thank, Seek



☞ Spiritual Communion

SPIRITUAL COMMUNION (St. Alphonsus Liguori)

My Jesus, I believe that You are really present in the Blessed Sacrament. I love You more than anything in the world and I hunger to be nourished by You. But since I cannot receive Communion at this moment, come into my soul at least spiritually. I unite myself to You now as I do when I actually receive You. Never let me drift away from you.

PERSONAL EXAMPLE

Demonstrate your relationship with God.

“What you do speaks so loudly, I cannot hear what you are saying.” Emerson

**Environment, Customs, Rituals ...
throughout the Liturgical Year**

WEBSITE
www.ParentTeacherSupport.org

Presentation Handouts

www.ParentTeacherSupport.org

Newsletters

Catholic Family
Character

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Prayer-Ways

Catholic Parenting

FAMILY FAITH

Advent - Christmastime	Ordinary Time
Lent	Mary and the Saints
Easter - Pentecost	Mary Ways for All Days

Leading Children in the Ways of Love

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