

## MY CATHOLIC HOME

LOOK AROUND YOUR HOME AND ASK:

1. Does my home reflect my Catholic Christian Faith?
2. Have I created a place in my home and time in my life to celebrate faith?

## LENT AT HOME (2/28/2016)

### Lent: A Time of Hope – A family enrichment resource of the Archdiocese of Baltimore

Opening Prayer

Lord, as we gather for Family Night, help us to be a family with hope.

We have often forgotten to appreciate the good in one another.

Empower us to be positive and help us also seek and see the goodness in one another. Bless us, dear Jesus, through this whole week. We place our faith in you.

Think about this from the Bible, read 1 Corinthians 13:13. Hope is one of the three powerful virtues. Christians hope in Christ. Hope means “to want and expect.”

It is a feeling that what is wanted will happen. Lent is our greatest season of hope because it awaits the great mystery of Jesus resurrection on Easter morning.

### Activity Ideas Young Families

#### Prayer Treasure Chest

Materials: shoe box or other box with a lid, old magazines, scissors, glue, stickers, colorful paper. Cut out pictures that remind you of hope and love, and glue them on the box. Have each member write (or help little ones write) three prayers on separate slips of paper. Place the prayers in the Treasure Chest and draw out a prayer to read before dinner or at the beginning of Family night. Add new prayers and prayer intentions often.

## ALL SAINTS DAY (11/1/2015)

A Holy Day of Obligation.

Idea: Pretzels. Pretzel making is an All Saints Day ritual. The dough for the pretzels is shaped into a figure eight, to represent saints or martyrs. You can buy prepared bread dough or... make from scratch.

## OUR LADY OF THE ROSARY (10/7/2015)

Our Lady of the Rosary Feast Day is October 7<sup>th</sup>.

Every major religious tradition has a special vocal prayer practice to help the restless mind surrender for fully to God. For Catholics, it's praying the Rosary. If praying the Rosary has not been a feature of your regular prayer practice, use this feast day to get started.

Idea: Use the Fest of Our Lady of the Rosary by hosting a get-together to make rosaries.

## THE GUARDIAN ANGELS (10/2/2015)

OCTOBER 2 IS THE FEAST DAY

"That there is an angel for each one of the faithful no one will contradict" declared St. Basil. The church does not teach guardian angels are assigned at baptism, however everyone agrees that we are given at least one guardian angel by God to protect us from evil, harm and temptation. Today is the day to thank them.

Make an angel food cake to celebrate your family member's guardian angels. Say a prayer for them.

### Prayer to the Guardian Angel

Angel sent by God to guide me,

Be my light and walk beside me;

Be my guardian and protect me:

On the paths of life direct me.

Create an elegantly lettered version of this prayer to frame and hang in your home....use calligraphy, computer programs or have the children draw a picture.

## A LITURGICAL CALENDAR

DISPLAY IT ON THE WALL OR FAMILY DESK

\* Look for a liturgical calendar that is big enough to include your personal notations about birthdays and other reminders.

\*The liturgical year to be included in the calendar:

\*Advent: four weeks of preparation for the birth of Jesus

\*Christmas: season celebration the birth of Jesus.

\*Ordinary Time: weeks between the baptism of the Lord and Lent.

\*Lent: forty days of Easter preparation.

\*Holy Week: starting with Palm Sunday, a week of commemorating events leading up to and including the crucifixion.

\*Easter: fifty days of celebrating the Resurrection and Ascension.

\*Pentecost: celebrating the manifestation of the Holy Spirit and the birth of the church.

\*Ordinary Time: weeks between Pentecost and Advent

\*Holy Days of Obligation:

January 1: Solemnity of Mary

Forty Days after Easter: Ascension

August 15: Assumption of Mary

November 1: All Saints' Day

December 8: Mary's Immaculate Conception

December 25: Christmas