

Cultivating Family Spirituality Presentation-notes:

Slide 1: Cultivating Family Spirituality-

- a. By accompanying families on their journey of faith we can empower them to connect, love and care for one another within the family and this can foster the developing relationship with the Trinity.
- b. And thus, with this developing relationship in the life of the Trinity we are actively participating in the salvific mission of the church
- c. How is this done? It is passing on the faith, but not just in the sense that the Sacraments are important, but please don't misunderstand that I am not neglecting them but, that they are bringing forth the relationship with God.
- d. The post Vatican II appreciation of the family as 'domestic church,'...' opens to it undreamed-of perspectives of participation in the salvific mission of the Church.

Slide 2: It is through these that we can create an opportunity for an encounter with Christ. This encounter with Christ happen with worshipping God in all our daily activities and being intentional with them. We can begin to foster this family Spirituality through:

- a. Sharing and telling our stories
 - a. Celebrating holidays, family gatherings, even the sad moments like funerals
 - b. One-minute stories
 - c. Stories teach us about life; about who we are, and what we want
 - d. They draw us into a deeper understanding and commitment to the faith

Question: How can family stories connect us with the story of faith?

- b. Making loving choices
 - a. I often remember seeing the quote from Pope Francis, "Three phrases in a family are: May I, Thank You, and I am Sorry"
 - b. It is here that families learn to respect and value the needs of others
 - c. Quote:
 - i. "I gave you life, but I cannot live it for you
I can teach you things, but cannot make you learn
I can take you to church, but cannot make you believe
I can teach you right and wrong, but I cannot decide for you
I can advise you about your friends, but I cannot choose them for you
I can teach you about kindness, but I cannot force you to be gracious
I can pray for you, but I cannot make you walk with God
 - d. Practice of virtue-virtuous ways of viewing and treating others and ourselves.
 - e. Change our thinking mentality with positivity-like cultivating a garden

- c. Celebrating healthy relationships
 - a. Family Ties-what holds a family together? How do we pass on the things cultivate healthy relationship? Expectations, conflict, communication.
 - b. In the USCCB document *A Family Perspective in Church and Society*, state “A family is more than the sum of its parts. It is a dynamic and developing system whose members are radically interdependent. Individuals participate in their system rather than being mere parts...events in life of one or another family member have an effect on the lives of all family members
 - c. Strengthening the family- Fr. Rolheiser, “How we relate to each other is part of how we relate to God.” Like mentioned already, it is about being intentional with the things we do that we can deepen the relationships in our families.
 - d. Time & attentiveness- We all know that it is important to spend time with our families, and often may think that we don’t think we can schedule it in, but being intentional with time off. Give example of working at the “field camp. When we have this time together it is important that we are in the moment being present. Maybe set aside one day.
- d. Sharing, caring, and serving
 - a. Mission of going out- I like how this is put, to deepen our faith and believing in the message of the Gospel
 - b. Witness of faith
 - c. Message of Hope- hope, like love is a decision
 - d. Hospitality- example of hospitality with mom (guy that ran away from home)

Slide 3: It is by way of living out the roles of priest, prophet, and King (royal) that was bestowed in our baptism that they and the things just mentioned are shown what is important about the faith and it’s passing on to others. It is about being compassionate, understanding and merciful while knowing that it is Christ who makes these things possible, and it what is meant by that he is the source of life and the fullness of life.

Priestly call- Through this call we give ourselves as sacrifice along with Christ for the sake of the good of those in our families and those we encounter. This gives us the opportunity to put aside our own desires for others. Parents already do this well with making the needs of their children a priority.

- Daily Prayer & listening to what God is asking
- Participation in the Sacrament of the Mass
- We can also live this out by being intentional with our daily activities and making the connection of faith
- As the Catechism states, we have a responsibility to serve uniting us in a sacramental

Prophetic call- In the prophetic call is it a call to make known the presence of God, and proclaiming the message of the Gospel. This can be done in many ways, think about in our families we share the message of mercy, compassion, forgiveness and understanding. How do we do this with ourselves and all those around us? It is an opportunity for us to look at how one may be neglected and unloved.

King (Royal) call- How are we living out in such a way that we allow Christ to reign over lives and be master of ourselves? This happens when we are committed to growing our own faith through the ongoing conversion of heart. It is through the willingness to be a servant-leader and striving for a more intimate relationship with God.

When do you most feel connected with each other and Christ in the family?

Slide 4: Liturgy

Taken from the General instruction for the mass: The Church is joined to the action of Christ, *the high point both of the action by which God sanctifies the world in Christ and of the worship that the human race offers to the Father, adoring him through Christ, the Son of God, in the Holy Spirit.*

It becomes our action only to the extent that we give ourselves to this mystery of redemptive worship. The liturgy is designed to bring about in all those who make up the worshipping assembly *a participation of the faithful both in body and mind, a participation burning with faithful, hope, and charity* (no. 18). To the extent that we are able to participate in this way, the work of redemption becomes personally effective for each of us. By such participation, the General Instruction says, we make the actions and prayers of the liturgy our own; we enter more fully into our personal communion with Christ's redeeming act and perfect worship.

Thus, the mass and liturgy is a public act of worship as a whole, a dialogue and relationship with the Trinity.

And what is most important, we do not offer Christ alone; we are called to offer ourselves, our lives, our individual efforts to grow more like Christ and our efforts as a community of believers to spread God's Word and to serve God's people, to the Father in union with Christ through the hands of the priest. Most wonderful of all, although our offering is in itself imperfect, joined with the offering of Christ it becomes perfect praise and thanksgiving to the Father.