



Cultivating Family Spirituality

- Sharing our Stories
- Making loving choices
- Sharing, caring, and serving
- Liturgies of Family Rituals, Reaching out and Relationships

During these last few months we all have been talking about how we can better walk with and accompany the families that we serve, and one way of doing this is through developing and fostering the growth of a family spirituality. This spirituality does not have to be anything monumental, but rather intentional with the everyday things we do. Here are some suggestions.

Sharing Our Stories:

By sharing our stories of our lives, we share our hopes, dreams and desires. And we also share our stories through connections made in family rituals. It is through this sharing within the family rituals that we can be drawn deeper into the Catholic faith and join each other on this discovery.

Family Rituals:

As we may recall, liturgy is a public act of worship (the work of the people). So, how in family rituals can we make it an act of worship? It is, by way of making Christ present in ourselves and through ourselves during these rituals, being merciful and understanding.

- Cooking, family celebrations (birthday, anniversaries, traditions)
- Family projects (Gardening, building projects, chores)
- Prayer (meal time, intercessory, petition bowl, create a prayer space)
- Play (music, dance, games, hiking, etc.)

Liturgy of Reaching out:

How can we reach out to someone and be selfless and for the good of another? This may be helping someone in our outside of the family when we particularly do not wish.

- Helping a sibling

- Participate in a service project (maybe do this as a family, seeing families bond over service is an experience in itself).

- Be attentive to our time given to those we are assisting (what may be a distraction from being fully present)

- Praying for someone in need (and for those who may be source of frustration)

Relationships:

May we be a source of hope as we engage in deeper conversations with those we encounter. As we do so we allow the other person to know that we are there for him or her in their journey.

- offer words of support & encouragement

- do not be afraid to use the phrases: I am sorry, May I, and Thank you