

Building a Domestic Church Checklist

This serves as a list of ideas to help create a faith-filled family home. As all people and families are wonderfully unique, each family's Domestic Church should be unique too. Keeping this in mind, know that there are many other ways to build your Domestic Church, and this is not a comprehensive list.

Prayer

✓	Date Began	Date Accomplished	Activity
			Family members know basic prayers (ie sign of the cross, Our Father, Hail Mary, Glory Be, etc.)
			Pray before bed daily
			Make a daily examination of conscience before bed
			Pray before meals daily
			Pray after meals daily
			Pray morning offering daily
			Pray Angelus prayer at noon daily
			Pray with spouse daily
			Pray a family rosary once a week
			Pray a decade of the rosary daily
			Pray a family rosary daily
			Pray the Divine Mercy Chaplet one Friday a month
			Pray the Divine Mercy Chaplet every Friday
			Pray as a family at the conclusion of Mass (a prayer of thanksgiving or the St. Michael prayer is appropriate)
			Pray as a family once a week
			Pray as a family daily
			Pray novenas (Sacred Heart, to Mary, saints, etc.)
			Pray chaplets
			Pray with Sacred Scripture once a week
			Pray with Sacred Scripture daily
			Family members read age appropriate books on the saints or topics related to the faith

Sacramental Life

✓	Date Began	Date Accomplished	Activity
			Attend Mass every Sunday and Holy Days of obligation
			Attend an additional weekday Mass
			Go to confession at least 2 times a year (Advent and Lent ideally)
			Go to confession monthly
			Make a monthly holy hour in Eucharistic Adoration
			Make a weekly holy hour in Eucharistic Adoration
			Observe Sunday as a day of rest

Home Environment

✓	Date Began	Date Accomplished	Activity
			Crucifixes are in all bedrooms
			Crucifixes are major rooms of the home
			Holy water is readily available in the home
			Holy water fonts are found near the home entry
			Pictures of Jesus, Mary, and the saints can be found in the home
			Statues of Jesus, Mary, and the saints can be found in the home
			St. Benedict medal is placed by the doors of the home
			A family prayer space is present
			A family home altar is present
			Display photos of family members receiving sacraments

Catholic Traditions

✓	Date Began	Date Accomplished	Activity
			Intentionally celebrate Advent as a family (see list)
			Intentionally celebrate Christmas as a family (see list)
			Intentionally celebrate Lent as a family (see list)
			Intentionally celebrate Easter as a family (see list)
			Celebrate the baptism days of family members
			Celebrate patron saint days
			Fast from meat (or specifically something else) on all Fridays
			Celebrate saint days (see list)
			Have your home blessed
			Have your home blessed annually
			Family members make an annual retreat
			Consecrate your family to the Sacred Heart of Jesus or to Mary
			Enthroned your family and home to the Sacred Heart of Jesus
			Make an annual pilgrimage as a family
			Help the poor and needy as a family
			Pray for people involved in emergencies/accidents
			Pray as you pass a cemetery
			Pray as you pass a Catholic church
			Observe the Ember days
			Join with other families/friends for faith and fellowship in your home (pray rosary, group Bible study, etc.)

Ways to Celebrate Saints' Feast Days

December

- 6 St. Nicholas: Set your shoes out the night before the feast of St. Nicholas, and he will fill them with little goodies
- 8 Immaculate Conception of Mary: Celebrate Mary being conceived without sin by eating a white dinner of chicken, pork, potatoes, or fettuccine alfredo.
- 12 Our Lady of Guadalupe: Buy or make poinsettias today to celebrate Our Lady's appearance in Mexico
- 13 St. Lucy: Traditionally sweet rolls are eaten for breakfast on the feast of St. Lucy.
- 26 St. Stephen: Remember our first deacon in the Church by sending a note of thanks to a deacon at your parish.

January

- 20 St. Sebastian: This saint was martyred by being shot with arrows. To remember this have shish kabobs for dinner.
- 22 Day of Prayer for the Legal Protection of the Unborn: On the anniversary of Roe v. Wade, offer up prayer and fasting for an end to abortion and the restoration of a Culture of Life.

February

- 1 St. Brigid: Enjoy butter and scones, since St. Brigid grew up on a dairy farm in Ireland
- 2 Candlemas/Presentation of Our Lord: Bless devotional candles, eat dinner by candlelight
- 3 St. Blaise: Churches frequently have a blessing of the throats
- 14 St. Valentine: Make homemade Valentines and bring them to residents at a nursing home
- 22 Chair of St. Peter: write a letter of prayer and appreciation to the Pope

March

- 19 Solemnity of St. Joseph: A day of celebration during Lent, create a St. Joseph's table for a feast, enjoy Italian food (he's the patron saint of Italy)
- 25 Solemnity of the Annunciation: A day of celebration during Lent, collect baby items to give to a crisis pregnancy center such as Matrix Lifecare

April

- 29 St. Catherine of Sienna: Because she actively persuaded the pope to return to Rome from Avignon, France, take time during the day to allow the kids to air their grievances about home life. Use this opportunity to evaluate the well-being of your home and teach the kids how to approach authority figures with respect

May

- Month devoted to Mary: Have a crowning of Mary at home. Keep fresh flowers by your Mary statue. Make a Marian pilgrimage during the month.
- 13 Our Lady of Fatima: Learn one of the many prayers Our Lady or the angel taught to the Fatima visionaries
- 30 St. Joan of Arc: Have a bonfire this day to remember the martyrdom of this patron of France
- 31 Visitation of the Blessed Virgin Mary: Make a meal to bring to a pregnant friend or family member
- Ascension Thursday: Begin praying a novena to the Holy Spirit to conclude at Pentecost

June

- Pentecost: This is the birthday of the Church, so celebrate like you would for a birthday!
- Trinity Sunday (the Sunday following Pentecost): Celebrate the Trinity by eating Neapolitan ice cream, three flavors in one!
- Corpus Christi: Participate in a Corpus Christi procession

- 13 St. Anthony: Learn the prayer, "Tony, Tony, look around; something's lost and can't be found" to pray when you lose something
- 22 Sts. John Fisher and Thomas More: Remember these saints from England by watching the classic movie, "A Man for All Seasons"

July

- 16 Our Lady of Mt. Carmel: Enroll your family in the Brown Scapular to wear for Mary's guidance and protection
- 26 Sts. Joachim and Anne: Since this is the feast day of the grandparents of Jesus, take some time to do something special for your grandparents

August

- 10 St. Lawrence: To remember the martyrdom of St. Lawrence, grill out for dinner tonight
- 11 St. Clare: St. Clare is the patron saint of television, so pop some popcorn and enjoy a favorite show together as a family
- 15 Assumption of Mary: Bring flowers to church and place them by a statue of Mary
- 22 Coronation of Mary: Sing Hail, Holy Queen after praying a family rosary

September

- 5 St. Teresa of Calcutta: Since she is such a modern saint, take some time to watch videos or view photos of Mother Teresa online
- 8 Birth of Mary: Celebrate Mary's birth with a birthday cake!
- 14 Exultation of the Cross: Venerate your family's crucifix by saying, "I adore you O Christ and I praise you, because by your Holy Cross you have redeemed the world." Then kiss the feet of Jesus.
- 15 Our Lady of Sorrows: Pray the Seven Sorrows of Mary, commemorating the sorrow that Mary went through during her life
- 29 Feast of the Archangels (Michaelmas): Make a devil piñata, fill it with candy, and let the kids beat the devil

October

- 1 St. Therese of Lisieux: Remember the saint known as the "Little Flower" by giving roses to someone who could use some cheering up.
- 2 Guardian Angels: Thank your guardian angel for all they do for you. Enjoy angel hair pasta with dinner, or an angel food cake for dessert.
- 4 St. Francis of Assisi: Have your family pets blessed.
- 22 Pope St. John Paul II: Remember this great Polish saint by enjoying some pierogis or polish sausage. Or even better yet enjoy JPII's favorite dessert, kremowka papieska, or papal cream cake, which isn't too difficult to make

November

- 1 All Saints Day: Have the kids learn about a favorite saint and dress up like them for a saint parade
 - 2 All Souls Day: Go to a cemetery and pray for the souls of your deceased loved ones, as well as all the souls who don't have anyone to pray for them.
- Christ the King: Traditionally the prayer Te Deum is recited this day to remember the ending of the Church year.

Ways to Observe Church Seasons and Feast Days Throughout the Year

Ways to Observe Advent

- Pray with an Advent Wreath
- Keep an Advent Calendar
- Create a Jesse Tree
- Intentionally celebrate Advent so it is different than the way Christmas is celebrated (with prayer, penance, fasting, quiet anticipation, delaying the celebration, etc.)
- Pray the St. Andrew Christmas Novena
- Play Advent music
- Keep the infant Jesus out of the nativity scenes until Christmas

Ways to Observe the Christmas Season

- Sing Happy Birthday to Jesus and have a birthday cake
- Celebrate all 12 days of Christmas
- Have the Wise Men travel to the manger scene until they arrive at Epiphany
- Bless your house on Epiphany
- Exchange gifts on Epiphany
- Celebrate Epiphany with a Kings Cake
- Renew your baptismal promises on the feast of the Baptism of the Lord

Ways to Observe Lent

- Go to Mass on Ash Wednesday
- Pray the Stations of the Cross
- Give up something together as a family for Lent
- Focus on prayer, fasting, and almsgiving
- Eat simply for family meals
- Attend Holy Week Masses and services
- Create a sense of somber silence during Holy Week
- Pray the Divine Mercy Novena beginning on Good Friday

Ways to Observe Easter

- Use the Paschal greeting of, “He is risen,” and respond with “He is risen, indeed!”
- Pray the Regina Caeli in lieu of the Angelus at noon during the Easter season
- Eat meat on the Friday after Easter, as every day of the Easter Octave is like celebrating Easter Sunday
- Observe Divine Mercy Sunday (the second Sunday of Easter) by praying the Divine Mercy chaplet and enjoying a red and white dessert