

THREE TIPS FOR A HOLY SUNDAY

You may not be able to attend Mass during this public health crisis, but here are three simple ideas for how your family can keep holy the Lord's Day.



1 ONLINE MASS

A list of live-streamed Masses in the archdiocese can be found at archokc.org/health. Pray an Act of Spiritual Communion at the time of communion: "My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen." Perhaps take some time afterwards to discuss the Gospel reading and talk about how you can put it into practice in your family this week.



2 PRAY A FAMILY ROSARY

The rosary is a powerful form of prayer and intercession. It lends itself well to family prayer because of its structure and simplicity. Let every family member have a role. You can find more here on how to pray the rosary with your family: <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/rosaries/how-to-pray-the-rosary.cfm>

3 HOLD A FAMILY MEETING ENDING IN PRAYER

Here is a possible format:
Open with an Our Father.
Discuss three questions (Make sure everyone gets to chime in, even the littles!)

1. What went well in our family this week?
2. What did not go well in our family?
3. What can we commit to working on this coming week?

End with a prayer asking for God's blessing and help for your family.
Close with a Hail Mary.

