

August 16, 2020

20th Sunday in Ordinary Time

Liturgical Color is **Green**

1st Reading IS 56: 1, 6-7

2nd Reading ROM 11:13-15; 29-32

PS 67:2-3; 5,6,8

Gospel MT 15:21-28

One of the greatest gifts we can share with our families is prayer. Prayer can be transformative, as we open ourselves into a relationship with God the Father, God the Son, and God the Holy Spirit. When prayer becomes a natural routine in family life and in personal life, we become more aware of God presence with us and in us. For the next several weeks, our Building Faith @Home will share with you ways to activate prayer in your family.

St. Pope John Paul II wrote, "The family celebrates the Gospel of life through daily prayer, both individual prayer and family prayer. The family prays in order to glorify and give thanks to God for the gift of life, and implores his light and strength in order to face times of difficulty and suffering without losing hope. But the celebration which gives meaning to every other form of prayer and worship is found in the family's actual daily life together, if it is a life of love and self-giving. (*On the Value and Inviolability of Human Life*, no. 93)

So, prayer need not be difficult. In addition to attending Sunday Mass, praying at mealtime, and other forms of prayer, a family can pray simply by living charitably among one another. Here are five simple ways to pray as a family:

- 1. Pray at mealtime** - Make the Sign of the Cross and simply say, "Thank you, Jesus" or say the traditional Blessing before the meal. Or share other words of thanks.
- 2. Bless each other** - Yes, you can bestow a blessing on one another! Parents can trace the Sign of the Cross on children's foreheads. This a great way to start the day and send each other off to school and work.
- 3. Awe and Wonder at Creation** - Do you recognize these words: "I believe in God, the Father Almighty, Creator of heaven and earth...?" When we help our children see the glory of God manifested in Creation, they will be able to appreciate God's power, goodness and love. Point out the beauty and gifts that found in God's Creation.
- 4. Saying Sorry to One Another and To God** - When children recognize a wrongful act that hurt another, it also hurts God. When situations require an apology, include God as well. This will help the family remember its duty to live well in relation to both God and neighbor.
- 5. Ritualize Prayers in Simple ways** - I recently found this article: "Make prayer part of your hand-washing to fight virus, says diocese "How to hand-wash Catholic style" reads the headline on an informational graphic from the Diocese of Dallas. What a great way to ritualize prayer!

The Mass is our most important prayer as Catholic Christians. The Church tells us that celebrating the Mass is the "source and summit" of our Christian life. That means that our prayer at Mass on Sunday gives us strength to do good things the rest of the week!

Can you think of ways to incorporate prayer in your family's daily routine?

Links for More Ideas, Activities & Resources FYI

Sacredspace.ie/daily-prayer - Very short and simple prayers for the day. Bookmark this on your smartphone!

Catholicclincing.com - Prayer Starters - Create a prayer starter!

Catechistjourney.loyolapress.com - "Blessing your Children and other family rituals.

How to handwash Catholic Style!

 30-45 second wash time



Clean hands are life savers

