



IDEAS FOR HONORING SUNDAY

Prepare for Sunday - Plan it. Protect it. Anticipate its joy.

- Give 10 minutes midweek for planning Sunday so worship and true rest can happen.
- Plan Mass time first. Arrange the day, when you can, around it.
- Specify Lord's Day time. This is important for those beginning new Sunday practices. (Morning to 3:00 pm? 7:00 pm? A full 24 hours beginning Saturday evening?) Consider homework, errands, other jobs done before or after that time because you are creating conditions to enter into God's love and be refreshed. Schedule your projects or cleaning for the other six days of the week.
- Think about the "rest" (Adoration? A special book?) and fraternal relationship activity (Invitations to others? Service to neighbors?).
- Think through Sunday food. Think frozen or simple, easy meals or consider having a special meal or special food just for Sundays or for the liturgical season. (catholiccuisine.blogspot.com)
- Prepare spiritually to receive Sunday...confession and/or vespers on Saturday to prepare hearts to receive Sunday well.

Ritualize it

- Prepare a space for drawing focus to Sunday, the Lord's Day, as holy time. Dress the dining table (or home altar) with a special tablecloth or table runner and candles or oil lamp (other suggestions...Bible, holy water, crucifix, icon, flowers, any item that adds to the focus on the Lord's Day.) The color of the tablecloth can correspond with the liturgical season and the table runner marked with Christian symbols.
- On awaking Sunday morning, pray a special Sunday prayer to receive the day and light a candle or oil lamp to mark this special day as set apart to remember what our Creator God has done and won for us. Perhaps keep the flame lit throughout the day as a constant reminder of the holiness of Sunday.
- Spend time with the day's Mass readings. Consider purchasing or creating your own Sunday/Mass journal to be used before, during, or after Mass noting thoughts on the day's scripture, homily, prayer intentions, ideas to carry forward and the events of the rest of the day.
- Consciously and deliberately let go of the past week and planning for the coming week. Trust that God will continue His care for you and your needs as you give Him your Sunday time devoted to relationship with Him, others and His creation.

Worship

- Be conscious of and attentive to what is happening as you are traveling to Mass. You and people all over the world (as well as the saints and angels!) are mobilizing to gather as Church, as one family in Christ-His Body. Job titles, rank or position related to wealth and privilege are put aside as we gather as brothers and sisters equal before the Lord.

- Don't just go to Mass but be determined to attend as an active participant. Come 15 minutes early to quiet yourself and be still. Intentionally bless yourself with holy water, reverence the altar, sing, respond, LISTEN as part of a greater Body in Him.....be attentive to what you are saying and doing as you receive the Lord in the Word and Eucharist. You will be transformed by it.

Be Intentional with "Activity." It should refresh you.

- Rest your mind and body....let go of work cares and anxieties, put away the to-do list, let your day "rest" in relationship with God, others and His creation knowing with joy our salvation has been won for us. Trust that God's providence will care for your needs put aside.
- Try silence...or at least steer clear of screens or electronics that don't add to the day, clearing a path for both for more quiet and for other relationships.
- Read the spiritual reading or the book on a favorite saint that you keep hoping to get to.
- Take a nap without guilt.
- Be still. Sit in wonder. Be attentive to the moment.
- Journal, draw, paint, craft, read poetry.
- Visit or call relatives or elderly neighbors
- Devote time for "fraternity" as John Paul II calls for, spending time as a family and with others. Adopt practices done mostly on Sundays to set the day apart from all others in a special way. Some suggestions for building relationship with others:
 - Share a meal or treat as a family or with invited guests with a purpose of having conversation. Plan out discussion topics if helpful.
 - Play with one another. Invest in some fun board games, especially the kind that invites conversation -- or make up your own. Do a craft together. Listen to radio shows inviting good use of the imagination.
 - Pray with one another. Try a Rosary together.
 - Read to each other and with one another. Share articles, poetry or read aloud plays together. Have story time with younger children sharing tea or hot chocolate and popcorn.
 - Get outside: Have a picnic, go hiking or take a walk in the park, build a bonfire, play an outdoor game together.
 - Sing or make music together. Listen to great music.

Bring closure to Sunday. Carry grace into Monday.

- Consider having a Sunday journal for recording events of the day, a message from the day's Gospel, things grateful for, a special blessing received.
- Recite a Sunday evening prayer and extinguish any remaining lit candles or oil lamp.
- With intention, put away the Sunday dressings (candles, tablecloth...) preparing to carry Sunday's blessing into the week ahead

SUNDAY MORNING PRAYER

Blessed art Thou, O Lord our God, King of the Universe, Creator of all that is. You have sanctified this day. Having made us for yourself, we receive it as Holy, a day set apart to honor and to celebrate Your work of creation and our redemption won through Your Son.

We pray this time may bring blessings of joy and peace to our hearts as we put workday thoughts and cares aside, gather to give you praise, rejoice and join you in rest. Trusting in your providential care, we lay down our own work, worry, anxiety, need for productivity, and our own striving—in order that we might abide in your freedom and peace. Let the brightness of this Lord's Day light shine forth to tell that the divine spirit of LOVE abides within our hearts and home. In its light may all our blessings be enriched, all our grief and trials softened.

We pray for the needs and care of your Church as we gather to WORSHIP YOU - priests, deacons, religious, sons and daughters all over the world together with the angels and saints—united as ONE BODY in you. We pray for true Christian unity and that all people will come to know your unmeasurable love for them. We pray especially today for those who are suffering and in most need.

We pray with grateful hearts asking your blessing on all the activities of our day, that it might be a time of RELATIONSHIP and REFRESHMENT - a day of JOY and DELIGHT as we remember who we are in Your creation, and renew our trust in You as our Savior and our hope.

Amen

SUNDAY EVENING PRAYER

Blessed art thou, O Lord our God, King of the Universe, Creator of all that is. You have sanctified this day having made us for yourself.

We thank you for the holy time of Sunday to REMEMBER who we are in your creation and to renew our trust in you as our SAVIOR and our HOPE.

We thank you for all the gifts of this day: the worship shared with Your Word and Eucharist, the rest received, the activity enjoyed, the relationships renewed, and the joy and pleasure of your grandeur.

May this day's grace carry us through the coming week as we continue to live and work each day, learning to love better. We look forward joyfully to the next Lord's Day and to when Christ will come again, at last, to take us to His perfect rest.

Amen