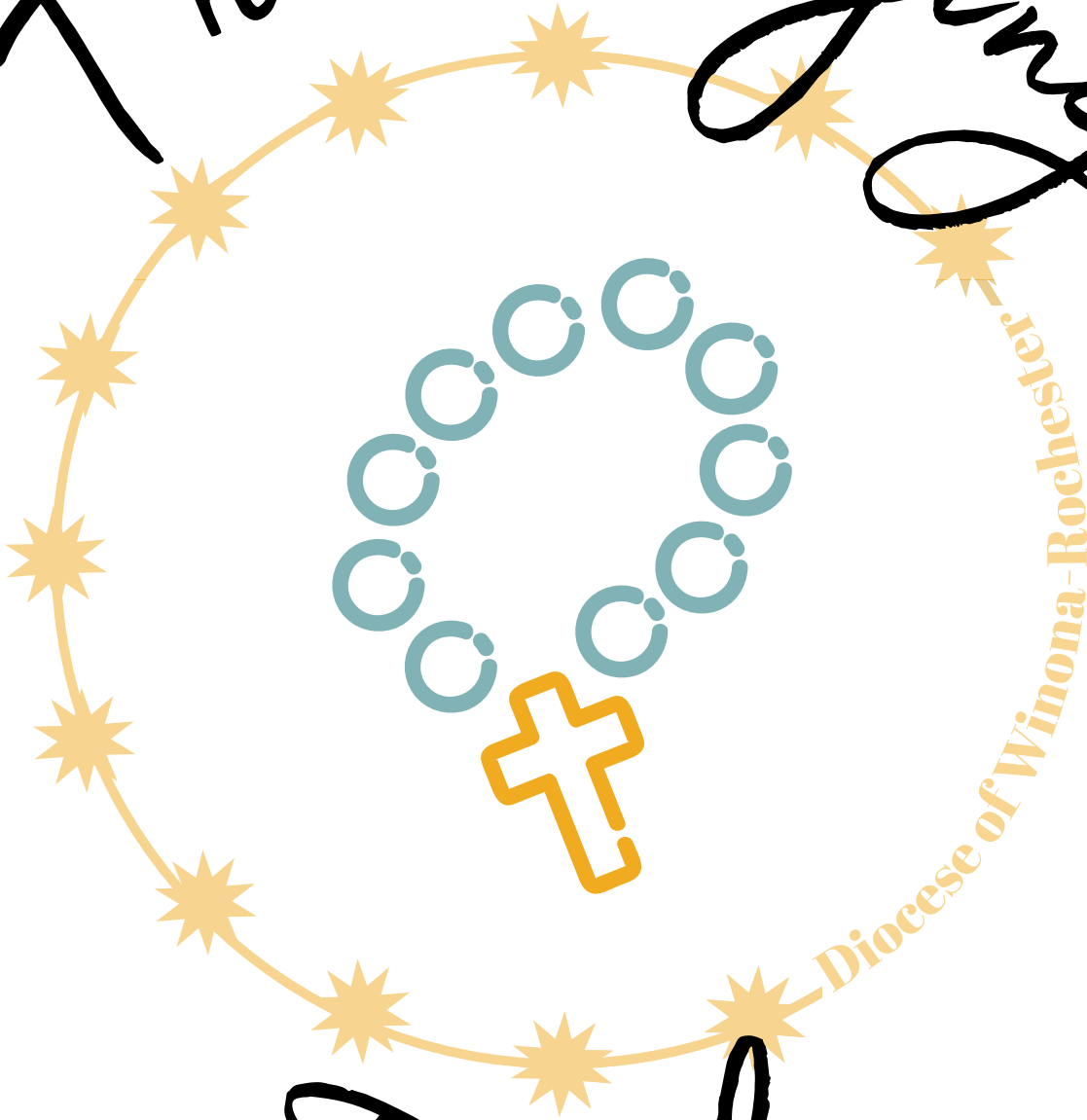


The Praying



Diocese of Winona-Rochester

Family

THE PRAYING FAMILY

Creating a space to intentionally pray together

The Christian family is the first place of education in prayer. Based on the sacrament of marriage, the family is the "domestic church" where God's children learn to pray "as the Church" and to persevere in prayer. For young children, in particular, daily family prayer is the first witness of the Church's living memory as awakened patiently by the Holy Spirit.

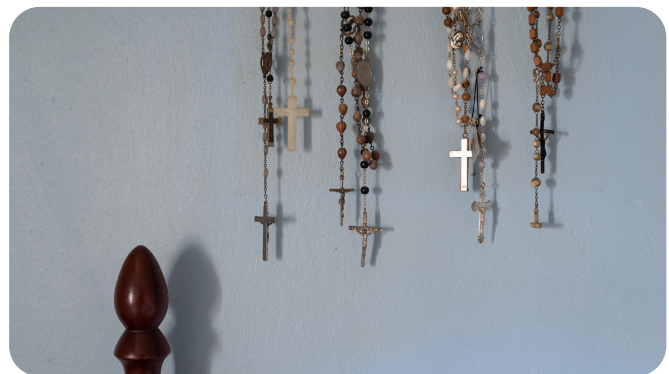
-The Catechism of the Catholic Church (2685)

The "little oratory", according to the Catechism of the Catholic Church (2691) is a place where the Christian family can go to foster "prayer in common." This prayer space or "prayer corner" is considered a favorable place for prayer. This space might include a bible, icons, rosaries, candles, or any other religious objects that help us better create a relationship with our father.

A Catholic home is a place where prayer and faith are fostered. Having a space where family members can go alone or as an entire family can be an incredibly fruitful and useful tool in teaching the foundations of our faith, how to pray, and creating a life-long relationship with God.

This box was created to help families create this intentional space. We've included the basic items that we think will help foster faith and prayer in your family home.

Once you get your prayer space setup and find a rhythm of prayer there with your family, we've included a few more resources to help you continue growing in faith and prayer together.



ADDITIONAL RESOURCES

Books

- *The Little Oratory: A Beginner's Guide to Praying in the Home* By David Clayton
- *Theology of Home: Finding the Eternal in the Everyday* by Carrie Gress, Noelle Mering and Megan Schrieber
- *Theology of Home II: The Spiritual Art of Homemaking* by Carrie Gress and Noelle Mering
- *Frame "A Family Prayer" and/or "Prayer Before a Crucifix."*

Add to Your Prayer Space

- *Lovely Lady Linens* - Linens inspired by the Catholic Faith (www.lovelyladylinens.com)
- Holy water from your local parish. You can use this to begin your prayer together and bless your home.

Like this Prayer Box? Get more!

- Catholic All Year provides Liturgical Season boxes, family prayer materials, and more: <https://catholicallyear.com/shop/>
- Subscribe for Faith in a Year box memberships through Catholic Family Crate: <https://catholicfamilycrate.com/>



What's in your PACK?

JOURNEY TO CALVARY

Help your family follow Jesus' journey to Calvary in a unique way. Each day (preferably on Sunday), your family will create what is traditionally called a "progressive fast" as you move Jesus up the hill to Calvary.

CALVARY AND EMPTY TOMB KIT

At Easter, the Calvary kit turns into a diorama of the empty tomb. Your family will follow Easter reflections for each letter of the Alleluia.

BURY THE ALLELUIA

One common family tradition during Lent is to "bury the Alleluia," since it is not said during the Lenten season. Using the letters from the Alleluia in your pack, your family will bury each letter inside your Calvary during each prayer reflection. At Easter, you will pull out the letters and put them together in a banner which can be hung in your prayer space.

LITURGICAL COLORS

In your pack are small purple and white sashes (ribbons). Purple is the liturgical color of the Lenten season, which represents penitence and preparation. White (and gold) is the liturgical color of the Easter season, which represents resurrection.

LENTEN FAMILY PRAYER

Recite the Lenten Family Prayer to open or close your prayer time together. You may also want to place it in a frame and keep it in a prominent spot in your prayer space.

SUGGESTED ADD-ON'S AND PREVIOUS PACK MATERIALS

Incorporating a candle and holy water from your parish in your prayer space is a great addition. A good place to purchase cheap pillar candles is your local dollar store or Wal-Mart.

In the Lenten Pack from 2022, we provided coloring pages for the Children's Way of the Cross, a sacrifice bean jar, and a Prayer Before A Crucifix card. To see the content card from 2022 for more Lenten ideas, see theprayingfamily.weebly.com.

Every parish in the Diocese of Winona-Rochester also currently has a free Formed.org subscription that has many Catholic kid's shows and movies. Contact your parish if you do not know how to access Formed.org.



How to PRAY

PLANNING YOUR PRAYER TIME

So what now? We recommend you pick a day and time that work best for your family to pray at least once a week together (preferably Sundays). Once you have established a day and time, try your best to guard this time, keeping it sacred and set aside for family prayer. If you have a conflict one week with your prayer day, plan a different day and time to pray as a family for that week, and keep it protected from other plans steering your prayer time off course.

HOW LONG SHOULD WE PRAY?

Each family will require different needs, and certain prayers take more time than others. Commit as a family to a length of your prayer time and try your best to keep it consistent each week. The "sweet spot" is about 10-20 minutes of prayer together. If you have small children, 10 minutes may be the maximum time to hold their attention. You know your family best! Below is a suggested format for organizing family prayer that you may adapt to best fit your family's needs.

PROPOSED PRAYER SCHEDULE

Begin with the sign of the cross, asking your family to remember they are in the Holy Presence of God.

Say a common opening prayer together, such as the Glory Be. *(If you need a Glory Be prayer card, visit the "Printables" section of theprayingfamily.weebly.com)*

For your first prayer time or ahead of time (suggestion: do this on Ash Wednesday), take a few minutes to create the Calvary Kit by following the instructions to cut out and put together your Calvary. At Easter, you will turn Calvary around and follow the instructions in the kit to make the Empty Tomb.

Use "Journey to Calvary" progressive fast guide during Lent and the "Empty Tomb" reflections during Easter. Hang your Progressive Fast poster up in your prayer space during Lent. During Easter, flip the poster over and hang the Alleluia poster.

Close your prayer time together with a common prayer, such as the Lenten Family Prayer provided in your pack. During Easter, open your prayer time with the traditional invocation, "He is risen! Your family can respond with, "Alleluia!"

