

WHAT TO DO AT HOME.

How can you use the example of Saints Zelig and Louis Martin to bring your family to a devout faith and a closer relationship with Christ? Well each family is different but here are a few slightly different ideas and ways you could try to make faith more integral to your lives:

FOR FAMILIES

ACTIVE

Piggy back rosary: What it says on the tin. Simply take your child for a piggy back ride but on one condition, they pray the rosary with you.

Ministry: Have you thought about getting your family involved in altar serving or reading at Mass? Could you all help out with the tea and coffee after Mass? Could you welcome people into the church before the Mass or do the collection?

Helping the needy: This is a huge area and could be anything. If you need starting off, then how about knitting together to create scarves for the homeless or making soup for a soup kitchen. We advise you look at your local area and think how best you could meet the need.

Reverse advent calendar: This is where each day during advent you do something for someone else rather than receiving a chocolate or sweet.

CREATIVE

Make some prayer beads: Try using one of the many online tutorials that guide you through making a rosary or prayer beads.

You could try this one
<https://www.youtube.com/watch?v=68NoDSvq1ns>

Feast days: Making a big deal out of feast days and getting your family members to do particular things on certain feast days. I'm writing this on the feast of St James so you could make a big deal out of any feast days in your family.

Travelling crib: If you are travelling over Christmas have you thought about taking a crib with you for your family to pray in front of each evening?

REFLECTIVE

Patron saints: Guiding family members to pray to patron saints when they are in difficult situations. St Anthony is always useful, especially for me and my house keys.

Prayer dice: Rolling a dice to decide what type of prayer you do or what to pray for. These could be set by you. One could be a Hail Mary, two an Our Father, three a Glory Be, four the Salve Regina, five the prayer to St Michael and six the Fatima Prayer.

Deceased relatives: Have you thought about praying for or to deceased relatives. Getting your family to appreciate what past generations may have done for them and maybe getting them into the habit of praying for deceased souls is good.

HUMBLE PARENTS MAKE HUMBLE PEOPLE...

Mary Our Mother, Most Holy, was born to St Joachim and St Anne. Could you imagine how proud they were when they realised their beloved daughter was to conceive and give birth to Jesus Christ? Can you imagine Mary bringing up Jesus and helping Him learn that He was the Son of God? The Holy Family themselves are a fantastic example to us, however, they are quite the act to follow.

Do not think this is us having a go at you for not being exactly like the Holy Family, it is not. We are just here to help guide you onto a path towards holiness and love. Please, whatever you take forward from this make it firm and lasting, it does not have to be something big or great just something with and from love. Faith is the reason we live and breathe do not give up passing that on to anyone and everyone.

All of those ideas are starters but it is worth saying that prayer is essential, having a morning offering, evening prayer and saying grace are all great ways of weaving conversation with God into day to day life. It is very hard to build a relationship with someone if you do not talk to them. Finding as many opportunities for you to pray as a family is essential, do not be afraid of sharing your faith. Especially do not be afraid of silent prayer, it is in the silence that we truly find God, having moments of silence as a family will help you immensely.