



FAMILY PRAYER SERIES

BEGINNERS GUIDE FOR PRAYING AS A FAMILY

If you are looking for a good way to begin praying with your family, try this format:



BEGIN

Begin your prayer with the Sign of the Cross.

INTENTION

One person says a single prayer intention:

Who you are praying for

Why you are praying for them

What you are asking God for

We recommend parents offer the first few intentions.

Parents leading by example will help their children learn to speak to God with increasing maturity.



HAIL MARY

The person who just prayed the intention begins the Hail Mary.

The entire family finishes the Hail Mary.



REPEAT

Repeat the intentions and Hail Marys until everyone has prayed for all of their intentions.



CLOSE

Conclude your prayer with the Sign of the Cross.

EXAMPLES:

Dear Jesus, please comfort my grandma as she moves to an assisted living facility.

As she mourns her loss of independence, give her your peace.

Hail Mary...

Dear Jesus, as my kids begin school, give them the wisdom they need to succeed this school year.

Hail Mary...

Dear Jesus, heal my aunt who has cancer.

Please give her the strength to endure her treatments.

Hail Mary...

Dear Jesus, my brother is in need of a job to help support his family.

Guide him in finding work that highlights his talents and helps to sustain his family's needs.

Hail Mary...

Dear Jesus, I am sorry for my sins.

Help me to not be afraid of confessing my sins, and embrace me with your Mercy.

Hail Mary...

Dear Jesus, thank you for the gift of life.

Please watch over and comfort the parents who grieve over their lost children.

Hail Mary...

Prayer is nothing else but being on terms of friendship with God, frequently conversing with him.

-St. Theresa of Avila



Praying As A Family
Praying From Your Own Heart

"I highly recommend that each family work towards praying twice together every day: once from the heart of the church and once from your own hearts." -Fr. Michael Thiel

FAMILY PRAYER SERIES

BEST PRAYERS TO MEMORIZE

The Sign of the Cross

In the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

Our Father

Our Father,
who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done on earth
as it is in heaven.
Give us this day
our daily bread,
and forgive us
our trespasses,
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

Hail Mary

Hail Mary, Full of Grace,
The Lord is with thee.
Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners now,
and at the hour of our death.
Amen.

Glory Be

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now, and ever shall be,
world without end.
Amen.

Guardian Angel Prayer

Angel of God,
my guardian dear,
To whom God's love
commits me here,
Ever this day,
be at my side,
To light and guard,
To rule and guide.
Amen.

Prayer to St. Michael the Archangel

St. Michael the Archangel,
defend us in battle.
Be our defense against
the wickedness and snares
of the Devil.
May God rebuke him,
we humbly pray,
and do thou,
O Prince of the heavenly hosts,
by the power of God,
thrust into hell Satan,
and all the evil spirits,
who prowl about the world
seeking the ruin of souls.
Amen.

The Meal Prayer

Bless us, O Lord,
and these, Thy gifts,
which we are about to receive
from Thy bounty.
Through Christ, our Lord.
Amen.



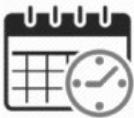
READING THE BIBLE WITH YOUR CHILDREN

Many children fondly remember their parents reading with them. Wouldn't it be great to give them similar memories of reading the Bible? From the youngest ages, these stories can capture children's imaginations and introduce them to some of the great figures of our faith. It's ok if it is awkward at first - trying anything new would be - but as you repeat it, it gets easier!



WHY

Give children a good reason to read the Bible. Answer the question of "Why are we doing this?" upfront. "We're reading the Bible together because we want to know, love, and serve God, and live our lives for his glory and the good of others."



ROUTINE

Establish a routine. Like everything else in life, reading the Bible with our kids is much more likely to happen if it becomes part of our routine. It takes about 6–8 weeks to build a habit by doing something at the same time in the same place with the same person. There will be ups and downs in that period, with times of forgetfulness and catch-up, but it will eventually become part of the fabric of life. **Try to find a slot in your schedule that you can commit to, push through the first 6–8 weeks, and you and your children will have formed a holy habit.**

TIP: Use a dedicated prayer room or table to help focus.

BEGIN

Begin with the sign of the cross and a simple prayer:



Lord, as I read Your word,
please help me to know, love,
and understand You better.
Help me to recognize how You want for me
to apply Your Word to my life.
Holy Spirit, may You enlighten my mind
and enkindle in my heart
a greater love for You and for others
In my family and in the world
as I read Your Word.
Amen.

READ

A parent or child who is old enough reads one story.

Recommended Bible - The Catholic Children's Bible from St Mary's Press



Recommended Reading Plans-

- † From the Catholic Children's Bible - Featured stories index pages 7-11 Each story has a simple guide for parents to help their children understand and discuss the story.
- † From the Catholic Children's Bible - use the Reading Plan on page 2000 (with stickers!)
- † **Read the Gospel for the upcoming Sunday Mass** - bible.usccb.org or in a missal with the reading.
- † If you want to read entire books or section of the bible, **start with Gospels and the New Testament**, because the stories of Jesus' life and the New Testament will be more familiar than much of the Old Testament.



Reading the Bible
With Your Children
Praying From the Heart of the Church

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SILENCE

After reading, if children are old enough, include 30-60 seconds of silence.
“Let’s quietly think about what we just heard and ask Jesus what he wants to say to us.”

REFLECT

Reflect with children by asking questions.

Parent - “Let’s talk a little bit about the story from the Bible.”

- † Could you tell the story in your own words?”
- † Why do you think that happened?
- † Who were the good people in the story? Were there any bad people in the story?
- † What would Jesus (or a different person in the story) say to you?
- † Suppose you had been there: What would it have been like? What would you have done?
- † What does the story mean for your life?
- † What does this teach us about God?

TIP: Use the Understand it, Live it, and Tell it, resources for each story in the Catholic Children’s Bible from St. Mary Press.



INQUIRE

Invite questions from your children, although they will sometimes ask silly questions or perhaps even stump you from time to time. We mustn’t do anything that will stifle their inquiries and even when they strike us out, simply say, “I don’t know, but I’ll find out.” And make sure you do get back to them with an answer.



PRAY

Parents end with an simple ad lib prayer including some to the details you discussed:

Example: “Dear Jesus, thank you for healing those who were sick. Please heal (Names of sick family members or friends). Please be with all nurses and doctors. Keep (Names of children) healthy. Amen.

Example: “Dear Jesus, thank you for teaching us to love one another. Help our family to grow in love. Help (Child’s name) to show love to (name of family member or classmate they fought with), even when it is hard. Amen.

Dear Jesus, thank you for calming the stormy seas. Help our family to remember you, especially when we are busy. Be with (child name) when they feel helpless or afraid. Amen.



END

Parents: end by tracing the sign of the cross on your children’s forehead.

GOING TO MASS AS A FAMILY

As parents, you are leaders of your own 'domestic church' and have the incredible responsibility for forming children in our Catholic faith. There is no more important experience to Catholics than the Mass, so it is crucial to help children understand and participate in liturgy as much as they are able. At times, it may seem as though the only thing accomplished at Mass was the exercise of standing and walking with a grumpy baby. But we also know that children do not remain little for long and they rise to our expectations. There will be plenty of opportunities to experience transcendent prayer at Mass when children are growing. **When beginning, your primary job is to make sure they begin to understand what happens at Mass.** You may find that God has found ways to feed you, even on the most difficult of days with a teething toddler.

To the parents of our youngest children, please know, the presence of children at Mass is a gift from our Lord and a reminder that our parish is growing. Any noise that children may make during Mass is pleasing to God's ears and welcomed. **We greet children and young families with smiles and encouragement. Relax!** God put the wiggle in children; don't feel you must suppress it in God's house.

You get out what you put in. Here are a collection of tips to help invest in making mass the best experience possible for you and your children. Don't be overwhelmed by trying to check off all of these right away, but imagine how incredible the experience of attending Mass with your family would be if you could!

BEFORE MASS - FOR YOUNGER CHILDREN



Make sure children are well-fed right before Mass. They do not need to fast as older kids and adults do, nor will fasting help them to be on their best behavior during Mass.



Beginning even with the smallest infants, **dress them in some special clothing that they wear only for church or other special events.** This does not have to be expensive and can be as simple as a nice pair of shoes. It helps them to identify what we do at Mass as different from everyday activity.



Check your diaper bag to make sure it is stocked for any possible needs. Consider including a small toy or book that your child sees only on Sunday at Mass. These could be quiet and made of soft material so that they do not distract those around you from their prayer while they are being played with or in case they are dropped.



Put on a fresh diaper or visit the bathroom right before walking out the door of your home or into the church.

BEFORE MASS - FOR GRADE SCHOOL CHILDREN



Discuss with kids what everybody's prayers, works, joys, sorrows and sufferings are from the week. Remind kids to offer each of these to Jesus at Mass.



Remember that we are preparing our bodies to be a temple of Jesus, and should fast for one hour before receiving communion. It is good to have kids start to practice this well before receiving their First Holy Communion. Don't eat a doughnut on your way in the door.



You might **read the readings in the car on the way to church.** This could even be the job of an older child. Then everyone hears them at least once beforehand, which makes it easier to listen at Mass. Also, someone who may have to step out with young kids has already heard the readings.



Before going into the church take a moment to remind children what you are about to do. Make sure they know what their job is at Mass: **Their job is to be respectful, and to participate by sharing their voices to pray.** Also, their job is to not distract those around them from praying, which they would do by being quiet and still.



FAMILY PRAYER SERIES

Going to Mass As A Family
Praying From the Heart of the Church

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AT CHURCH



Sit up front. Yes, sit even in the first few pews. It is easier for your little ones to see and hear what is going on in the sanctuary and on the altar. It can feel scary and even a little out of control the first few times, but it makes a world of difference for little ones to be able to see the action. Over time it also helps them to understand what is most essential about Mass without the distraction of backs and elbows between them and the altar.



You could physically hold your young children in your arms during Mass. The children get a better view; and you have a bit more control over their behavior. If an infant or toddler gets squirmy, often switching who is holding them is enough to calm them down. Otherwise you might play a quiet game of “point to the...candles, priest, altar, cross, etc.”



As they grow and mature you can talk them through the stories and the actions; it can be helpful to **quietly explain the parts of Mass and to draw your children’s attention** to the action of the priest, servers, lector, choir, etc.



For yourself, sing the hymns, pray, make the sign of the cross and other gestures with intentionality. **Children learn liturgical behavior by copying you.**



During their two-year-old year, you could try to let your children stand for a portion of Mass or try sitting next to you quietly, instead of in your lap. Then when they turn three it can be a special milestone to be big enough to stand, sit and kneel all on their own (although if they can’t see over the pew you could have them stand during the kneeling portions of the Eucharistic Prayer).



If an infant or toddler makes a little noise during Mass and settles down right away, try not to feel self-conscious. Most folks except for those closest to you do not even notice. And even if they do notice, give your fellow parishioners credit for being adults who can focus through a small distraction. If a child cries or makes continual noise, it is best to calmly step out of the pew and take the child out of the main assembly until they have calmed down or are quiet. However, it is important to return to the worship space as soon as they are quiet, so that children do not begin to associate poor or disruptive behavior with a pass to get out of Mass. Jesus said, “Let the little children come to me”. Stepping out and returning even a few times is not nearly as disruptive as a crying baby and parishioners appreciate your consideration of their attempt to pray. Those that are parents understand completely.



Kids can offer part of their own allowance or gifts that they receive. Foster generosity to Jesus’ Church. Have kids learn to give their own money, and not from your wallet.



Remember the prayers, works, joys, sorrows, and suffering you discussed before Mass? During the preparation of the altar quietly **have your children imagine placing prayers from their own hearts into the chalice.** At Mass our hearts are transformed along with bread and wine that become Jesus’ Body and Blood. We offer the prayers in our own hearts to God to allow him to transform them.

AFTER MASS



Praise **your children abundantly for their good behavior.** If they need some improvement, mention briefly how they might do better next week and explain why. Let them know that you will help them by trying to remind them before the next Mass.



Answer questions children have about Mass and encourage them to understand the liturgy and its place in our lives.



For older children, consider **taking time to discuss the readings and the homily.**



Celebrate Sunday! Treat your family to a special food or visit a restaurant. Remember to keep holy the Lord’s day by avoiding unnecessary work.

FAMILY PRAYER SPACE

Jesus went up the mountain, a special spot to pray, set apart from the rest of the world. Every Sunday we come to church to pray. Each family can have a prayer space set apart within their home. Have you thought of creating a prayer space within your home?



Things to think about when creating a family prayer space:

- Prepare a place that is personal, special, and unique. This can be a place you want to retreat to. Make it beautiful.
- Have a set spot for this: a corner table, a room, a mantle, a bookshelf, or part of a wall. Have it be accessible where you will see it.
- Include holy items from your significant Sacraments. ex: a Baptism candle, First Communion gift, Confirmation Saint statue, Wedding invitation
- You can add on a pew or stained glass window to remind you of church

TIP: Holy items also make great gift ideas for a wedding, birthday, or an anniversary.



What represents your individual family's prayer life? Hopefully it's not nonexistent.

- Decorate more with holy decor. Prepare a home for the Saints in your house, so that they prepare a home for you in heaven.
- Print off holy images you find online and frame them.
- There is no need for anything expensive, you can use what you already have. Check out St. Vincent DePaul, Goodwill, or rummage sales to rescue these holy items. Start small, do not choose a task that feels overwhelming. Pick something small today that will grow your family closer to Our Lord.
- Your prayer space changes as your prayer life changes. Feel free to



Think "outside the box" or even outside the house.

- How about a designated prayer/rosary garden, Mary grotto, or a Nativity set for Christmas
- Ask your children for help. You never know, they might have some great ideas!
- Have a place for personal intentions. Hang them on a bulletin board or write them on a white board, where you will see them.



Family Prayer Space
Praying From Your Own Heart

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TIPS for YOUR FAMILY PRAYER SPACE

EXAMPLES OF ITEMS:

Advent wreath before Christmas
Baptism Candle
Bible
Palms from Palm Sunday
Candles
Children's religious picture books
Crucifix
Favorite scene from the Bible - Last Supper
Flowers
Funeral cards of friends & loved ones to pray for
Holy Water - hang a holy water font on the wall
Images of your name / Confirmation Saint
Medals: St. Benedict, Guardian Angel, Miraculous Medal
Mementos from: Baptism, Confession,
1st Holy Communion, Confirmation, Wedding
Prayer Books
Prayer Journal
Prayer Shawl
Rosaries
Sacred and Immaculate Heart Images
Special Holy Cards
Spiritual Reading
Statues of Mary & Joseph
Statue or picture of the Patron Saint of the church you go to

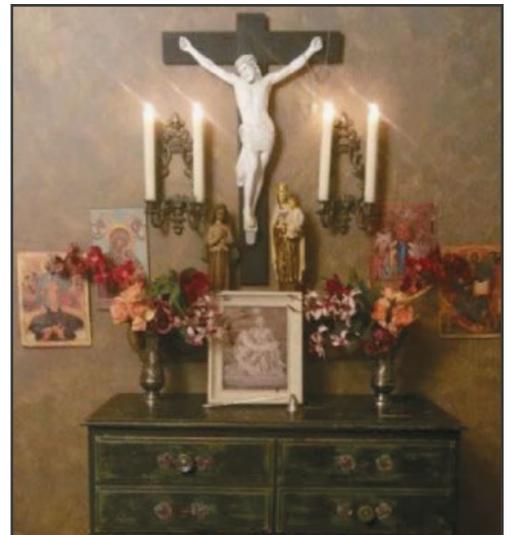
TIP: Don't forget to have these items blessed!

REMEMBER:

Externals point to internals, prayer is not about things.
Prayer is about having an internal connection with the Lord. What we surround ourselves with can remind us to deepen that relationship.

*Prayer is being on terms of friendship with God,
frequently conversing in secret
with Him who, we know, loves us.*

-St. Teresa of Avila



FAMILY PRAYER SERIES

HOW TO GUIDE YOUR FAMILY THROUGH CONFESSION

One of the many good lessons that parents teach their children is how to say they are sorry. Often times parents recognize the need for children to apologize even before they do themselves. We say sorry to God for the offenses committed against Him by approaching the Sacrament of Confession. We also receive God's mercy, and are, at the same time, reconciled with the Church which is wounded by our sins. Remember that heaven rejoices more over one sinner who repents. (Luke 15:10) You make heaven rejoice every time you come to Confession!



Parents, you have the responsibility to take your children to confession once a year.
We recommend once a month. God sees all men as sinners so that he can show them his mercy.



Parents, help **familiarize your children with how to go to Confession.** (see next page)



Parents, at home to prepare, read the Examination of Conscience out loud, so that your family hears it.



Kids, it's okay to write your sins down to help you remember what you want to tell Jesus.
(Make sure to shred them afterwards.)



Parents, help kids to memorize the Act of Contrition.



Schedule a time where family members can go one after another.
When you arrive at church, **we recommend parents go first to set the model and example.**



Confession doesn't have to be scary. Remember that you are talking to Jesus. He loves you!
Celebrate with ice cream or another treat when you are finished!

EXAMINATION OF CONSCIENCE FOR ELEMENTARY SCHOOLERS

- Have I not gone to Mass on Sundays?
- Were there any days I did not pray at all?
- Did I use the Lord's name in vain?
- Was I disobedient or disrespectful to my parents or any adult?
- Did I fight with or hurt any siblings, friends, or anyone else?
- Did I cheat on any tests or schoolwork?
- Did I tell any lies or gossip?
- Did I make fun of anyone?
- Was I envious or jealous of others or their possessions?
- Have I stolen anything?
- Have I caused anyone else to sin?
- Did I not stand up for others when I could have?
- Have I done too much of anything?
For example: Food, sports, video games, cell phone, internet, shopping.
- Have I done anything inappropriate?

ADDITIONAL QUESTIONS FOR MIDDLE SCHOOLERS

- Have I done too much of anything?
For example: Food, sports, video games, cell phone, internet, drugs, alcohol, shopping.
- Have I looked at inappropriate pictures, videos, stories, websites, or apps?
- Have I deliberately hurt myself?

ADDITIONAL QUESTIONS FOR HIGH SCHOOLERS

- Have I committed any impure sexual actions with myself or others?
- Have I deliberately hurt myself?



Bishop Donald Hying · Jul 8, 2020

If you don't often go to confession, try going once a month for a year. Then, ask yourself, have I grown in virtue, overcome sins and bad habits? Am I more joyful, at peace and more generous? Do I love God and neighbor more? The answer will be YES. Then, you will keep going!

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How to Go to Confession
Praying From the Heart of the Church

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HOW TO GO TO CONFESSION

-Together with the priest pray:

“In the name of the Father, and of the Son and of the Holy Spirit.”

-You say: **“Forgive me, Father, for I have sinned.**

It has been *_(how long)_* since my last confession.”

-Then, tell the priest all the sins you remember committing and the number of times you committed them. It is helpful to prepare with the examination of conscience from the opposite side.

-You say **“For these and all the sins I cannot remember, I am truly sorry.”**

-The priest gives advice.

-The priest assigns your penance.

-You pray the Act of Contrition:

“My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen.”

-The priest prays the prayer of absolution to forgive your sins.

“God the Father of Mercies...”

-Make the sign of the cross as he finishes the prayer.

-You say **“Amen.”**

-The priest will give you a dismissal.

-You say **“Thanks be to God.”**

-Leave and do your penance.



Painting by David Bowman

On the evening of that day, the first day of the week, Jesus showed himself to his apostles. He breathed on them, and said to them: 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained' (John 20:19, 22-23).



How to Go to Confession

Praying From the Heart of the Church

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FAMILY PRAYER SERIES

THE ANGELUS

The Angelus is prayed for peace and for the safety of Christians. It is one of the beautiful prayers which the Church uses to honor our Blessed Mother and also to recall to our minds the mysteries of our Redemption. Its words speak of the Annunciation of Jesus' birth to Mary by St. Gabriel, as well as Jesus' passion and resurrection.

The Angelus is typically prayed at 6 AM, Noon, and 6 PM, or, morning, midday and evening, or breakfast, lunch, and dinner. It is common to hear church bells praying at these times. If you hear bells, it is an invitation to pray wherever you are.

TIPS:

Pick one time a day to pray with your family.

Have a bell in your family prayer space to ring. Kids love bells. Demons hate bells.

Set a bell alarm on your phone to go off at these times as a reminder to pray.

Don't forget, you can offer this prayer for a specific intention.

THE ANGELUS

*The Leader begins the prayer,
everyone else responds in bold.*

The Angel of the Lord declared unto Mary:
And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee;
blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
**Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.**

Behold the handmaid of the Lord:
Be it done unto me according to Thy word. Hail Mary...

And the Word was made Flesh:
And dwelt among us. Hail Mary...

Pray for us, O Holy Mother of God,
**that we may be made worthy
of the promises of Christ.**

Let us pray:

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. **Amen.**



Painting by Henry Ossawa Tanner

**God's message and Mary's response can remind us
of God's communication to us and our message to Him.**



The Angelus

Praying From the Heart of the Church

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once from the heart of the church and once from your own hearts." -Fr. Michael Thiel*

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REGINA CAELI

The Regina Caeli is typically prayed **before going to bed** and in place of the Angelus from Easter to Pentecost. This prayer expresses the joy of Jesus risen from the dead that we celebrate through the Easter season.

O QUEEN OF HEAVEN - REGINA CAELI

Queen of Heaven

Queen of Heaven, rejoice, alleluia.
For He whom you did merit to bear, alleluia.
Has risen, as he said, alleluia.
Pray for us to God, alleluia.
Rejoice and be glad, O Virgin Mary, alleluia.
For the Lord has truly risen, alleluia.

Let us pray:
O God,
who gave joy to the world through
the resurrection of Thy Son,
our Lord Jesus Christ,
grant we beseech Thee,
that through the intercession of the Virgin Mary, His Mother,
we may obtain the joys of everlasting life.
Through the same Christ our Lord. Amen.



Painting by Jean-Francois Millet

Regina Caeli

VI

R E-gína cæ-li * lætá-re, alle-lú-ia: Qui- a quem me-
ru- ísti portá-re, alle-lú-ia: Re-surré-xit, sic-ut di-xit,
alle-lú-ia: O-ra pro no-bis De- um, alle-lú- ia.

These are two beautiful translations of the same prayer, one in English, the other sung in Latin. To find a recording to sing with, search Regina Caeli on YouTube.



FAMILY PRAYER SERIES

Regina Caeli
Praying From the Heart of the Church

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FAMILY PRAYER FOR DAD ON FATHER'S DAY

“The blessings of your father are mighty beyond the blessings of the eternal mountains, the bounties of the everlasting hills (Gen. 49:26).”

The father of a Christian family is given unique graces from God for the spiritual leadership of his family. Each home is a domestic church and his children are the flock that he shepherds. A father is called to teach and speak truth into the life of his family, trusting in the call of the Lord and heeding that call.

A father models Christ by serving his wife and children in love, imitating Jesus who washed the feet of his Apostles. Not only are dads natural fathers, they are spiritual fathers as well. As the spiritual leader of his family, a father sanctifies and guides his children like St. Joseph. He sacrifices for his children and teaches them to pray and how to live. He is like the priest of his family's spiritual life, or the abbot of a mini domestic monastery. In particular on Father's Day, (but truly on any day of the year) families can pray for their dads to receive the graces God wants to give him. A father has authority over his children in the physical and the spiritual realm. As the leader of their domestic church, fathers can bless their children. A father's blessing is a powerful way to claim and live out spiritual authority in their own homes.



Painting by Munir Alawi

A 2-Part Way to Pray on Father's Day

Part 1: Have families pray intentionally for their Dads.

Part 2: Fathers bless their children.

Part 1: A Way to Pray for your Dad:



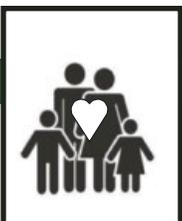
Have everyone gather together in your family prayer space.



Have dad kneel down and everyone gather around him and place a hand on his shoulder or head.



Begin with the sign of the cross.



Family Prayer for Dad on Father's Day
Praying From Your Own Heart

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FAMILY PRAYER SERIES

A Way to Pray for Your Dad *continued*



Begin to pray out loud using the **PAL** acronym. **P**raise. **A**sk. **L**isten.



Praise: Dear Jesus, I want to praise my dad for _____.

Have each person say one or several of these intercessions.

Examples: *Dear Jesus, I want to praise my dad for giving me the gift of life.*

Dear Jesus, I want to praise my dad for providing for our family.

Dear Jesus, I want to praise my dad for his strength.



Ask: Dear Jesus, I want to ask for _____ for my dad.

Have each person say one or several of these intercessions.

Examples: *Dear Jesus, I want to ask for my dad to be an effective spiritual leader in our family.*

Dear Jesus, I want to ask for healing for any illness for my dad.

Dear Jesus, I want to ask for patience for my dad.



Listen:

Pray quietly for your dad as he listens to how God is inviting Him to lead the family.

Part 2: Fathers Blessing Their Family

A Father's blessing is powerful. We encourage you to do this blessing daily.



Dads trace the Sign of the Cross on the forehead of your children and spouse saying, "God bless you."



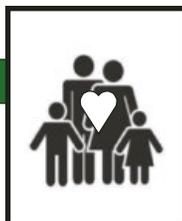
Another Option: Dads make the sign of the cross with thumb on back of shoulders as person leaves, saying, "Go with God."



TIP:

Use Holy Water to accompany this blessing.

Note: This can be appropriately modified for Mother's Day as well.



CONNECT WITH YOUR PARISH

Sunday Masses

8 AM St. Patrick
10 AM St. Denis

Weekday Sacraments & Prayer Monday at St. Denis

7 AM Adoration
5:30 PM Confession
6 PM Mass

Tuesday at St. Denis

7 AM Adoration
5:30 PM Confession
6 PM Mass

Wednesday at St. Denis

7:30 AM Confession
8 AM Mass
4-8 PM Adoration

Thursday at St. Patrick

6:30 AM Mass
7 AM-Noon Adoration
7 AM Confession

Saturday at St. Patrick

9 AM Mass
9:30-10:30 AM Confession & Adoration

For more information about how to prepare for these Sacraments, contact:

Baptism	Fr. Michael
1st Eucharist	Cassandra
Confirmation	Cassandra
Confession	Fr. Michael
Marriage	Fr. Michael
Anointing of the Sick	Fr. Michael
Priesthood	Fr. Michael

Websites:

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www.stdenis-shiocton.org

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St. Patrick N3686 St. Rd. 76, Stephenville

Office Mailing Address

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Hortonville, WI 54944

*To learn about how to become
a parishioner, contact Liz in
our Parish Office.*

