



Connecting Faith and Family Life

Preparing to celebrate the sacraments of Penance and Eucharist for the first time presents wonderful opportunities to strengthen the faith of both children and their parents. This time of preparation really is a journey in faith, a journey that is greatly influenced and shaped by how your family chooses to live out your faith each and every day. Keep in mind that parents play a critical role during the time of preparation. Think about ways you can make this coming year a “holy year” for your family. Here are some simple suggestions to get started.

START WITH YOURSELF!

The best place to start is with yourself! Promise yourself to take time for quiet, for prayer, and for reflection during this special year. Make this quiet time part of every day. Even if it is just 10 minutes, you will notice a greater awareness of God’s presence throughout the day.

Read the Gospel for the coming Sunday and reflect on it before you go to Mass.

INVITE OTHERS TO JOIN YOU IN THE JOURNEY!

Include your child’s godparent(s) or others who have served as significant Christian models to join you in this time of preparation. Invite them to dinner and ask them to talk about their memories of your child’s baptism—or about what their faith means to them.

Ask friends or family to write a letter of support to your child in this important time.

Ask a friend or family member to serve as a prayer partner for your child.

FOCUS ON FAMILY!

Attend Sunday Mass regularly with your children. Sit in front. Talk about the Mass afterward. What was the message of the Gospel? Who did we pray for in the intercessions?

Rediscover the “magic” and holiness of Sunday as “family day.” Take a walk after Mass with your children, read books together, play board games. Take time to make a meal and eat together. Pray before the meal. End the day with a simple prayer thanking God for the gift of the day.