

Enhance your family prayer with
FAMILY ROSARY

13 Ways a Busy Mom Can Pray the Rosary

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

So many kids, so little time. Having children means moms are busy doing multiple things, with multiple people, in multiple locations...all at the same time. There are places to go and things to do, and even if you think leaving 10 minutes early should be enough time, it never is.

So who has time for a long, Rosary prayer? Not moms.

Well...maybe we do. If we're striving to make prayer a priority, there are plenty of creative ways **everyone** (yes, everyone) can fit the Rosary into our lives.

A LITTLE HISTORY

Father Patrick Peyton, C.S.C. began his ministry in 1942 with the goal of building **family unity** through daily prayer of the Rosary. Inspired by his own father who had a deep devotion to family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of **family prayer**. Now it can be part of your family's tradition so you can fulfill the vision that "The Family That Prays Together Stays Together," the message created by Father Patrick Peyton, C.S.C., so many years ago.



I DO BELIEVE THAT FOR THE FAMILY AS A UNIT –
PRAYING TOGETHER – THERE IS NO PRAYER
QUITE LIKE THE FAMILY ROSARY.

VENERABLE PATRICK PEYTON



13 WAYS A BUSY MOM CAN PRAY THE ROSARY



Little people are busy. And needy. And no matter how intently the two-year-old insists he can put on his shoes by himself, he will inevitably attach the velcro strap to the drawstring of his pants and cry, cry, cry because his shorts are stealing his shoes (or something). The kindergartner Simply Will Not Leave without the sparkly doggy purse no one has seen since last summer, and the nine-year-old has to catch the Pokemon hiding under the couch. Suddenly, the spare 15 minutes to get everyone in the car and buckled becomes a “We’re 20 minutes late!” drive of desperation.

Every day is like this for me, plus the added bonus of laundry that multiplies, dirty dishes that appear out of nowhere, bellies that always need feeding, and the husband who leaves his dirty socks on the stairwell (oh how I love you, you sock-shunning man).

I barely have time to get dressed in the morning before someone or something needs my attention. All of this leaves little room for dedicated prayer. My average lately is a minute in the shower, 30 seconds when asking for patience (don’t ever ask for that), a full minute when he gives me the chance to practice patience (really, don’t ever ask for that) and 30 seconds before drifting off for the night.

What a change from my college years! My friends and I would gather in the dorm common room to pray the rosary. I could volunteer in youth ministry and go on fantastic retreats. I could go to perpetual adoration and not worry about the sick or nursing child I was leaving behind. I didn’t notice the toll this shift had taken until recently when my temper started flaring. I began to make prayer a priority, as my family (and my sanity) needed a mother grounded in grace.

It started with the rosary, the prayer I dreaded in grade school because of its length. I credit my children for this transition, as it was in watching them that I began to contemplate Mary’s life as a mother. How did she handle teething? Did Jesus ever have tantrums? Was he a picky eater? Did he say things that made her laugh out loud? The challenge and joy of Mary’s young motherhood pulled me to the anguish of the crucifixion and ecstasy of his resurrection. It seemed fitting that I, a mother, should take part in a devotion so close to her heart.

The first challenge was finding time for the devotion, but prayerfully asking for the opportunity

presented a variety of options. I share them here in the hope that they might facilitate your own family's devotion to the rosary.

IF YOU'D LIKE TO PRAY THE ROSARY ON YOUR OWN:

Pray while exercising: The repetitive nature of the rosary is perfect for meditation, but also for interval training, too. As a runner, I alternate jogging and sprinting with each Hail Mary, followed by a short cool down as I recite the prayers between decades. A full rosary ends up being a half hour(ish) workout, and you can apply it to any sort of aerobic exercise. Check out Peggy Bowes' The Rosary Workout for more information and ideas.

Pray while feeding the baby: Babies have ten fingers and ten toes – perfect for two decades of the rosary. Snuggle your babe in close and meditate on the Joyful mysteries.

Pray when you can't sleep: Whether you are suffering insomnia or up with a sick child, the rosary is a prayerful way to pass the time. It's also a powerful way to surrender your cares and lift your intentions.

Pray in the car: In traffic? Pray the rosary. Long drive? Pray the rosary. Can't find a parking spot? Pray the rosary.

IF YOU'D LIKE TO PRAY THE ROSARY WITH YOUR CHILDREN:

Get them their own rosaries: Having a personal rosary promotes ownership of the devotion. We have two with large wooden beads, but you also can find rosaries with silicone beads, perfect for little hands that end up in mouths.

Use manipulatives: Longer prayers can be hard on short attention spans. Use a variety of manipulatives, such as blocks, pompoms, Cheerios or m&ms to keep track of your progress. Some online sellers craft crochet roses that are perfect for little hands during prayer time.

Make it active: Cut circles out of paper and tape a life size rosary to your wall. Add to a paper chain with every decade you say. Choose a person or intention and post a picture for each decade. Each activity leaves a physical reminder of your spiritual endeavor.

IF YOU'D LIKE TO PRAY THE ROSARY WITH YOUR HUSBAND:

Make it a date: Mass with littles can be tough. Why not find a sitter and pray the rosary during Adoration, following it up with dinner or a movie. If the budget is tight, ask a neighbor to stay with the kids for half an hour while you walk around the block and pray.

During nap time: I know it's sacred, valued time, but what better way to spend it? I even give you permission to park the non-nappers in front of a screen. It's only half an hour.

After the kids go to bed: Our modus operandi used to be burying ourselves in our devices until our eyes closed. But now we turn them off and pray the rosary together, instead.

IF YOU'D LIKE TO PRAY THE ROSARY WITH FRIENDS:

Start a rosary club: It's like a supper club, but with prayer! Get your families together for a potluck and rosary session, or make it a couples-only evening out.

Go on a pilgrimage: Take a mom's afternoon out to a local shrine or prayer garden. Pray the rosary together as you walk the grounds.

Find a group: Many parishes have prayer apostolates. Join one or start your own.

Praying the rosary has brought so many blessings to my house. I'm grateful that God moved me toward this devotion. What about you and your experience? Is your devotion to the rosary just beginning or well loved? How do you incorporate the rosary into your daily life?

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GOING DEEPER

Pray: Holy Spirit, sometimes we believe we have no time for prayer. Show us how much time we really have when we remove from our days all the distractions. Cleanse our hearts and minds so that we may concentrate on you. Encourage us to bless each other in your name and carry on the Spirit throughout our day. Amen.

CONTINUE THE JOURNEY

If you and your family can't seem to find time to pray, look no further than your own pocket! Download Family Rosary's *Rosary Prayer App* to help kick start your family's daily prayer routine so you can pray wherever you go!



GINNY KOCHIS

Ginny Kochis is a wife, homeschooling mom, and writing teacher from Northern Virginia. She writes about faith, motherhood, homeschooling and literacy on her blog, Not So Formulaic.

BRINGING FAMILIES TOGETHER IN PRAYER

We hope the time you've spent reflecting with this material has been enriching. Remember, we're with you in prayer, every step of the way!

For additional online resources for family prayer including a Prayer Petition Page and our World at Prayer Blog, please visit our website at www.FamilyRosary.org.

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "*The Family That Prays Together Stays Together.*"

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