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**FAMILY ROSARY**

# Back to School Resolutions

*7 Changes this Family Needs Now!*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

# WELCOME TO OUR FAMILY

Summer allows us recharging time: to relax, breathe, and fall out of routine. It's nice to have this unstructured break for a little while, but we are creatures of habit, and going back to school has us putting a lot of our time back in line.

Making the transition back to school is more than new notebooks and getting up early. Here are a few tips, tricks, and rules for getting your whole family back into the swing of the school year.

## 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.



THE FAMILY IS WHERE HOPE IS FORGED.

POPE FRANCIS



# BACK TO SCHOOL RESOLUTIONS



The lazy days of summer with late-night dinners, no Saturday chores, suitcases from the beach trip still unpacked, and lots of evenings with family movies and Netflix, although nice while it lasted, must come to an end. Even this vacation lifestyle loses its glory as the long summer season comes to a close and we get ready for that new season of fall and the school year. My family desperately needs this change of seasons to get back into a routine and recover some habits that were lost over those glorious days of summer.

To help our family improve their game, I am taking advantage of the Back-to-School momentum and making these 7 resolutions:

## **THE 15-MINUTE CLEAN-UP**

This oh-so-simple concept is the savior of my often untidy home. I'm not sure why I let this slip away. Basically, what we do is after dinner (oh — there it is — the reason I let this slip — our sit-down dinner often gets neglected in the summer ... ) we set the timer for 15 minutes and everyone has to clean up something, usually beginning in the kitchen with the dishes. As Dad loads the dishwasher, someone else sweeps the floor. Someone else gets sent to the game room to tidy it. Another person takes out the trash. And like a magic wand was waved over the house, our previously untidy home now looks immaculate. OK, not immaculate, but at least somewhat presentable. If you've not tried this — seriously, give it a try. It's extremely helpful to have your husband as the bandleader in this. And speaking of bands, it is also helpful to play your favorite songs, be they from Moana or Bruce Springsteen, at loud volumes.

## **NEW SCREEN-TIME RULES**

It seems that this tired mom, after being beat down over and over again, became rather lax about the video game and TV watching rules over the summer. Well, this wimpy mother is now being replaced by the super-charged, no-screen-zealous, and ever more glamorous Mom with back-to-school screen resolutions. It's time to get serious, everyone. All that wasteful screen time is now being replaced with things like homework, sports practice, chores, reading, and so on. In my family, we are limiting all screen time, be that video games, Youtubes, Instagram, or Netflix to one hour a day during the week and 2 on the weekend, with an additional family movie time. If this is too hard to monitor, I am threatening to go to no screens during the week.



## **PRINTED CHORE CHARTS TO BE CHECKED**

We have assigned chores, but somehow over the summer, these have been terribly neglected. I am redoing everyone's chore charts and will print them every week. I will be diligent about seeing that everyone completes theirs and will pay chore money accordingly. Over the summer, weekends and weekdays sort of blend together. During the school year, it's really easy to focus in on Saturday as our chore/work day at home, even around the sporting events that may take part of the day.

## **WEEKLY DATE NIGHT WITH SPOUSE**

You would think that summer would be a good time to have more time with your spouse; however, for us, it seems the opposite happens. Over the summer, my husband and I are busy doing activities with the whole family. Even when we go away on vacation, it seems we never get time alone. The car ride doesn't even allow for private and important conversations, since lots of ears — even those with headphones — seem to always be listening. So to get to know one another again, (it's not really that bad — we have had some lovely walks and a few dates over the summer) we are starting, and following, a weekly date night. Of course it doesn't have to mean a full-course meal at a restaurant, (hopefully it often will!) but perhaps an ice cream or a tennis match or a walk in the park.

## **SUNDAY IS FAMILY TIME. PERIOD.**

I don't have a very concrete way of distinguishing what's truly considered "family time" and what's not, but I wanted to be aware of celebrating Sunday as the Lord's Day with the family. God commanded that the Sabbath be "set apart." In summer it seems that every day is a Sunday. I'd like to keep our Sundays special by going to Mass and doing something fun together with the family. I am going to try to keep activities that aren't so family oriented away from our Sunday. I know this is a "fuzzy" area and may be hard to keep, but I at least want to try to be aware of this.

## **EVENING PRAYER TIME**

We have completely lost all of our prayer time over the summer. Where did it go? I guess with no bedtimes and late evening activities, we fell out of a routine, and so did our routine of prayer. This is one of the reasons we humans need routine. Without it, good habits can go by the wayside. After the timer goes off on our 15-minute clean-up, we will use this buzzer to call us to prayer. I know that's nearly as appealing as bell tolls at a monastery calling us to prayer, but it's all we've got. Plus — how convenient! We will take very quick prayer concerns and end with a Memorare or decade of the Rosary. Simple and short, but oh-so-important.

## **ADORATION**

Finally, something for me! Do I have enough time in my week to go to Adoration for an hour? Not really, but you know what they say, "Too busy to pray? Too busy not to pray." This is so true. God is the master of all time and is not bound by it. When we give an hour to our Lord, he can multiply that time, so that miraculously, we can get everything done that we need to. It also helps that during that Adoration time, we can see where and what we should be doing with our time. So yes, count me in. I'm going to give an hour a week to our Lord in the Adoration chapel.

## GOING DEEPER

Do you have habits that slip over the summer, too? What resolutions do you usually make at the start of a new school year?

Share some of your ideas on CatholicMom.com's [Facebook page](#)!

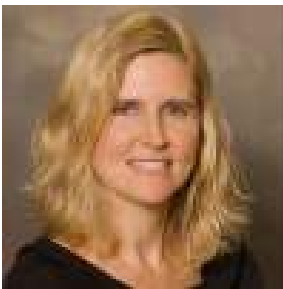
## CONTINUE THE JOURNEY

To submit a special prayer for your family at the start of the school year, visit Family Rosary's [World at Prayer page](#). As we gather Monday through Friday to pray the Rosary and celebrate Mass, your prayer is being prayed by our staff and others around the world.

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### TAMI KISER



Tami is the author Smart Martha's Catholic Guide for Busy Moms and the founder of SmartMartha.com. She lives in Greenville, SC with her husband of 29 years. She has 10 children and 9 grandchildren. Tami runs the online CatholicConference4Moms, Smart Martha ministry, CatholicFamilyCelebrations.com, CatholicMosaic.com, and teaches dance classes. Thinking like a Smart Martha has helped her to constantly seek to “sit at Christ’s feet” even in the midst of piles of laundry and sinks of dirty dishes. Visit Tami at SmartMartha.com.

# 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](http://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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