



Enhance your family prayer with

**FAMILY ROSARY**

# Call to Holiness

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

# WELCOME TO OUR FAMILY

As the Easter season draws to a close, we work to keep the spirit alive and fulfill our call to holiness! In a cluttered and noisy world, we must utilize our FREE tools to remind us what true "happiness" is.

Take your family through these six ideas to help you go deeper, fulfill your call to holiness and become Jesus' hands and feet in the world.

## 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.



JESUS WANTS TO BE YOUR FRIEND, YOUR BROTHER, A TEACHER OF THE TRUTH AND LIFE WHO REVEALS TO YOU THE ROUTE OF FOLLOW IN ORDER TO REACH HAPPINESS.

POPE FRANCIS

# CALL TO HOLINESS



There are a number of FREE tools in our toolbox that help us fulfill our call to holiness and become Jesus' hands and feet in the world!

## **HAPPINESS AND OUR CREATOR**

Recently I was reading a book to my daughter in which the main character, an elementary school age girl, has a father in prison and struggles with her mom to make a life for themselves in the projects. Their story unfolds as they find a way to focus on what they have – instead of what they don't.

She and her mom make a “wish list” of all the things they desire, but the little girl becomes sad because all the items are out of reach, they cannot afford them – a phone, a laptop computer. The mother senses her sadness and despair, and decides to shift the focus. The two of them make a list on their living room wall of all the things that are FREE that make them happy – hugs, snuggles, drawings.

As Catholics we have a number of tools in our toolbox that are FREE! These are keys to peace of mind and heart in a 24/7 noisy world that is constantly flooding us with ideas of what will make us “happy.”

There can be no happiness apart from our Creator, and the tools to be in tune with our Heavenly Father are available to us each and every day. No matter where you are in your faith journey, as we celebrate the Feast of Pentecost, it's time to think about ways to go deeper – and by doing so become Jesus' hands and feet in world full of Thomases.

Here are a few concrete ideas to help you, and your family today and every day!

## **DAILY PRAYER.**

This is as easy as sipping your morning coffee/tea/water and asking the Blessed Mother to direct your path or ask Jesus to walk with you so you can be his hands and feet, voice and ears to all you encounter. Putting Jesus first in your day – asking Him and the Blessed Mother to guide you – will almost certainly bring you peace of mind and success in putting “first things first” as you juggle the demands of the day.

## **SUNDAY MASS.**

Contrary to popular notion, Sunday Mass is not optional. Keeping Holy the Sabbath is one of the Ten Commandments! It's as important (more important really) than any sports activity for your child or professional sporting event. There are few simple things we are instructed to do directly by God, and this is at the top of the list! Modeling taking care of our soul is as important as worrying about the nutrition our kids eat. All of us can give God one hour a week.

## **RECONCILIATION.**

The forgotten sacrament of our Catholic faith and what distinguishes us from other faiths: confession. Why is it important to your spiritual well-being? It is the radical weapon Jesus Christ brought to his public ministry that was revolutionary at a point in time when people offered things and money to have their sins forgiven!

Here Jesus makes people NEW – over and over in the Gospels, he sets people free in a spirit of love and mercy! None of us are perfect, all of us struggle with things that separate us from God and God's will in our lives (the definition of sin for ordinary people like me). Give yourself the gift of confession. Model it for your family, the peace of mind and heart that accompanies it is a great gift!

## **WEEKDAY MASS.**

As Catholics, we are fortunate and blessed that we have the ability to receive Jesus in the Sacrament of the Eucharist every day of the week. Making the time to get to daily mass – or starting just once a week – is life changing. Especially if you juggle small children at Sunday Masses! Allow yourself to be nourished and cherished by our Heavenly Father. Sit in silence in a Church. Open your heart.

## **SERVICE.**

Service to others is a cornerstone of our faith! Find a way to incorporate service into your family life! Whether at your parish, in your community – wherever – make the time to do what we are called to do!

## **FINALLY, BE KIND TO YOURSELF.**

God always meets us where we are at! Don't fret about what you have not done in the past – just focus on what you can do different in the future! Sometimes I get caught up in how seemingly “perfect” or more engaged other Catholic families are. It's a humble reminder that we can learn from others if we allow ourselves to do so – we are all on a journey! We are all trying to go deeper and nothing pleases God more than that, I imagine. Making the effort to be with Him.

The Blessed Mother can be a powerful ally in your quest to know Jesus and our Heavenly Father more intimately! I turn to her frequently, especially when my sin seems to be a permanent wedge in my relationship with the Holy Trinity – she always gently welcomes me back and helps me find the courage to continue on – like any good Mother does for her children.

## GOING DEEPER

It's not always easy to pray the Rosary when your family is busy and on-the-go! But we're just an app away! Listen to each Mystery with our Rosary Prayer App! Find this on our resource page at [FamilyRosary.org/PrayerResources](http://FamilyRosary.org/PrayerResources).

You can also visit [FamilyRosary.org](http://FamilyRosary.org) or follow us on Instagram, Facebook or our blog to get daily inspiration and prayers!

## CONTINUE THE JOURNEY

If you're aching to teach and instill the power of Rosary prayer into the lives of your young children, we can help! We've created [Children Learn the Rosary](#), a kit full of fun activities and coloring for children 4-9 years old! Help your children learn and appreciate the Rosary from home or in the classroom.

For more information about this product go to [www.hcfmstore.org](http://www.hcfmstore.org).



### MARGARET DWYER

Margaret has been married to her husband Michael Hogan for twenty years, and they reside in Easton, Massachusetts with their four children. She is a catechist at her church, and loves to help Holy Cross Family Ministries spread devotion to Father Peyton's cause and his continuing ministry, Family Rosary.

# 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.*"

## WHERE YOU CAN FIND US:



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