

A photograph of a man with a beard and a young girl laughing together outdoors. The man is wearing a maroon shirt and the girl is wearing a colorful striped shirt. The background is a soft-focus green field.

Enhance your family prayer with
FAMILY ROSARY

Dads Are Important

Appreciating our Fathers

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

Honoring our Fathers throughout the month of June is a good way to remind them of their important role in family life.

We hope you enjoy and share this article from CatholicMom.com which reflects on the ways your father or the father figures in your life have influenced your life, faith and upbringing.

As a family, think of ways you can especially appreciate them!

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.



NOTHING COULD BETTER EXPRESS THE PRIDE AND EMOTION A FATHER FEELS WHEN HE UNDERSTANDS THAT HE HAS HANDED DOWN TO HIS CHILD WHAT REALLY MATTERS IN LIFE, THAT IS, A WISE HEART.

POPE FRANCIS



DADS ARE IMPORTANT



Honoring our Fathers throughout the month of June is a good way to remind them of their important role in the family. We wanted to share this reflection from CatholicMom.com on how the father figures in your life have influenced who you are today!

APPRECIATING OUR FATHERS

Of course, mothers and fathers are both important ... but in different ways.

Real-life experience and mathematical equations indicate that dad's influence in children's lives is profoundly far-reaching and long-lasting.

I see proof of this every day in our own family. I can ask one of my children to put their shoes away about ten million times before he actually does it ... if he does it at all. Daddy comes home, and the shoes are back in their place before he can finish saying "Put your shoes away". I take the kids to daily Mass and they make all sorts of noises, crawl under the pews, whack each other and do anything but stay still. When we go to Mass together, with Daddy, the kids are so still I forget they are there – and at least one falls asleep in his arms every time.

This goes for any other public places. When out and about left to fend for myself with the younglings, I coax...bribe...warn...plead...beg "for the love of your mother!!!" Nothing. They'll look at me (maybe) be quiet for about 2.5 seconds and then go right back to their screaming and fighting or whatever else I told them to stop doing. It's like they are trying to make my head explode just to see what it would look like.

However, one "look" from Daddy – complete silence for at least a good solid hour if not more. They are like putty in his hands. While more like putty stuck all over my face and hair with me. Sometimes I try and sound like him but they know it's me.

I know what I do for them is important. They spend the majority of their time with me, it's my primary job to guide them and mold their characters. I spend my day laying out the bricks – getting most thrown back at me. But it's my husband – the father – that comes in and reinforces the foundation and seals it up. What I can work all day on with the kids, he accomplishes in a matter of seconds.

SUPER POWERS

He's got super powers. Apparently it's a built in feature for dads. Moms very obviously get to grow and carry around a human being in our bodies; dads get invisible superpowers. The trick, however, to unlocking these super powers is you have to actually be a dad. And those dads who wear their red capes proudly – at least on the inside – rock. These super-powered dads are the ones who:

Listen to their child's heartbeat through their mama's belly and talk and sing to them through the walls of tissue and amniotic fluid.

Hold, sway, rub, hum, massage, breathe, breathe...and then...cry man tears of joy as they hold and kiss their son or daughter for the first time.

Swaddle & rock; kiss & hold; wipe & snap; help with feeding & burping and cleaning all sorts of bodily fluid they never knew could come out of such a tiny person.

Roll around and crawl with their babies; hold their babies between their legs and wrap their tiny fingers inside their big hands as they take their first steps.

Catch them when they tumble, kiss their bruises; wipe their tears & their snot.

Throw them up in the air; run through sprinklers; climb trees; shoulder-ride basketball dunks; roughhouse till they bleed... (Yet the kids always come back for more); and tickle them till they pee their pants.

Feed them; bathe them; clothe them; dig out hamburgers and elephants out of their ears; read bedtime stories – or make up their own; snuggle them; snore and drool with them.

Experiment together; build and fix things together; explore and discover the world together; teach their kids things moms never could or would even want to know about.

Work insane hours – and then work some more – so their kids can be fed, clothed, sheltered, and educated. They trade in their own dreams for new ones – their children.

Model respect and love for each other, especially their mother; point their children to God just by their own humble example.

Then when grandkids come along they magically transform into completely different men who suddenly don't care so much about spilled milk, are capable of showing sympathy for pain, and spend frivolous amounts of money on their grandchildren for important things like candy and chocolate bars.

But, most importantly, it's not really what these dads do with their kids or even for their kids that matters most.

What matters most? **They are here.** With their children. Not just as “assistant moms” as a friend of mine coined so well, but as real and interactive fathers for their children.

They are our children’s daddies. They are our fathers. They are our heroes.

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GOING DEEPER

St. Joseph of the Holy Family is the Patron Saint of all Fathers - past, present and future. Below is a beautiful prayer to St. Joseph by Pope John XXIII, share it with the men you love!

St. Joseph, guardian of Jesus and chaste husband of Mary, you passed
your life in loving fulfillment of duty.
You supported the holy family of Nazareth with the work of your hands.

Kindly protect those who trustingly come to you.
You know their aspirations, their hardships, their hopes.
They look to you because they know you will understand and protect them.

You too knew trial, labor and weariness.
But amid the worries of material life your soul was full of deep peace and
sang out in true joy through intimacy with God's Son entrusted to you and
with Mary, his tender Mother.

Assure those you protect that they do not labor alone.
Teach them to find Jesus near them and to watch over him faithfully as you
have done.

Pope John XXIII

CONTINUE THE JOURNEY

If you're looking for a gift or resource for yourself and/or the father's in your life, consider Gregory Popcak's book **BeDADitudes: 8 Ways to Be an Awesome Dad**. This written work strives to help you stop focusing on yourself and instead focus on God, learning how to be the father God wants you to be by becoming a servant leader in your home.



ERIKA MARIE

Erika Marie is a simple Catholic, Wife, and Mama. She relishes snuggles and free time with her family and enjoys reading, writing, blogging, and has a slightly obsessive addiction to creating Canva graphics. Enjoy more reflections by Erika at her personal [simplemama](#) blog.

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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