

Enhance your family prayer with  
**FAMILY ROSARY**

*Ending and  
Beginning the  
Liturgical  
Year Without  
Regrets*

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER



# WELCOME TO OUR FAMILY

Pope Francis once said, "Advent is a journey towards Bethlehem. May we let ourselves be drawn by the light of God made man." Help prepare your family for the coming of Christ by praying together each day. Don't worry, it doesn't have to be perfect! Take comfort in knowing there is no one "correct" way of praying.

It's a busy time of year for everyone, but it's especially important to slow down long enough to prepare your hearts and minds for Jesus. Take a moment to breathe in the great anticipation.

As the Church transitions into a new season, know that we're joining you and your family in prayer. We promise to be with you, growing in faith, every step of the way. May God continue to bless you and your family.

## 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 slogan coined by Father Patrick Peyton, C.S.C., so many years ago.



“IF A FAMILY IS CENTERED ON CHRIST, HE WILL UNIFY AND ILLUMINE ITS ENTIRE LIFE.”  
POPE FRANCIS

# ENDING AND BEGINNING THE LITURGICAL YEAR WITHOUT REGRETS



## *Thrive and survive your family's Advent preparations with these three tips!*

That time of year is about to be upon us — the stretch between Halloween and New Year's that contains a lot of busyness in our society. Right in the middle of this busy time the liturgical (Church) year comes to an end, and the season of Advent begins a new one.

It's a season with a lot of holidays and feast days, and sometimes (more often than we may want to admit) we come to the end of it exhausted and full of regrets about being so busy and rushed and not having had the time to reflect and prepare ourselves for the Christmas season (which extends at least 3 weeks past Christmas day!).

How can things be different this year? How do we walk through this time of year and these Church seasons with restful and joyful hearts? I have a few thoughts.

### **BE INTENTIONAL**

We certainly won't thrive during this period without some planning. You don't have to be a super-planner with color-coded charts. You just have to have a basic plan for what is important for your family. What are the important days on the liturgical calendar that you want to make sure that your family observes this November and December? How is it going to be meaningful for your family to celebrate them? Keep in mind that your family is not the family down the street or other friends. Look at what this means for your unique family.

Discuss these questions with your spouse, and come to a unified decision about how your family will meaningfully celebrate the upcoming feast days, Advent and Christmas. Whatever your preparations, make a plan, and then...

### **MAKE ROOM & REMOVE DISTRACTIONS**

To say "yes" to what is important, we must say "no" to things that are less important. During this busy time of year, and especially during this Advent, make it a point to avoid all events that detract or distract from the liturgical season or feast day.

And a word about Sundays...clear them. That doesn't mean that we don't do anything on Sundays, but it does mean that they should certainly not be frantic days filled with tasks and busyness. If we can't get into the habit of keeping the Sabbath, then we probably aren't going to be very successful in observing other liturgical seasons. Advent, especially, requires a quiet and reflective atmosphere in our hearts, homes, and lifestyle. Make the choice to eliminate those activities that break down that quiet and reflective atmosphere.

## **KEEP IT SIMPLE — GO DEEP, NOT WIDE**

Finally, keep celebrations simple and meaningful. Again, my "simple" may not be your simple; your gifts may not be my gifts. Find your simple, and be authentic to your family culture. We sometimes try to celebrate every feast day with too many preparations and uphold dozens of traditions, and then we get to the end of December and we don't really come away with beautiful memories, just blurry snippets of festivities and the physical signs of exhaustion that must mean we were busy doing something.

In discerning how to best spend your personal and family time and energy, focus on going deep, not wide. The whole point is not that we celebrated every feast day; the point is that we got closer to Christ during this season and that he saturates our hearts and our homes.

Being intentional about how we spend these upcoming days and weeks is probably going to be counter-cultural at times. There are constant messages to us to be busy, be entertained, spend money, and move from one thing right to the next. Our Church in her wisdom has given us a rhythm for the year, for our lives. If we live by it, and don't get distracted by secular rhythms, we will encounter Christ; and we will experience peace and joy during these full and beautiful seasons.

***How are you being intentional about this season? How are you making room and keeping it simple?***



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Jessica is a wife, mom, writer, Communications scholar, and adjunct professor. As a Catholic convert and former Evangelical Protestant, Jessica promotes ecumenical dialogue between Protestants and Catholics in both her writing and academic scholarship. She lives in the DC suburbs with her husband and three sons. Follow her at <http://www.jessicaptomey.com>.





# BRINGING FAMILIES TOGETHER IN PRAYER

We hope the time you've spent reflecting with this material has been enriching. Continue to pray with your family every day, wherever you are.

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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