

A photograph of a woman with a flower crown carrying a young child on her shoulders. Both are smiling and laughing joyfully. The woman is wearing a white t-shirt and blue jeans, and the child is wearing a white long-sleeved shirt and blue jeans. The background is a bright, sunny outdoor setting.

Enhance your family prayer with
FAMILY ROSARY

A Fruitful & Faith-filled Summer

Five ideas for your family

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

As school days quickly expire and summer vacation approaches, you may be wondering how you'll keep the long days interesting and fun for your kids. All too quickly the freedom from homework and after-school activities becomes ... dare we say it? Boring.

Do not fear! We pulled these five ideas from the CatholicMom.com archives to help your family keep a fruitful and faith-filled summer!

Now go on, enjoy this summer to its fullest and grow a little in the process, too!

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 STRENGTH OF THE FAMILY LIES IN ITS
CAPACITY TO LOVE AND TO TEACH HOW TO LOVE.

POPE FRANCIS



A FRUITFUL & FAITH-FILLED SUMMER



As school days quickly expire and summer vacation approaches, you may be wondering how you'll keep the long days interesting and fun for your kids! From CatholicMom.com's archives we pulled five ways to keep a fruitful and faith-filled summer!

SUMMER IS AROUND THE CORNER!

As I watched my son belly flop over the edge of our inflatable backyard pool, the essence of summer washed over me. I love the carefree days of summer. The sound of kids yelling and laughing outdoors until twilight steals the day; afternoons spent lounging by the pool; spontaneous trips to get ice cream and slushies.

But I also know that those carefree days can quickly turn into listless chaos. "I'm bored" can all too quickly become a mantra. And, before I know it, I've allowed too much screen time and the "fun" of all of that free time isn't so fun anymore.

Balance is needed between work and play, between engaging the mind and resting it—and we need to realize where true rest and rejuvenation lies. Over the years, I've enjoyed coming up with plans and projects to give our summers purpose and direction. Here is a list of five that our family has either done in the past or hope to do in the future.

1. CHOOSE A CORPORAL OR SPIRITUAL WORK OF MERCY TO CARRY OUT EACH WEEK AS A FAMILY.

One summer, our family chose a local charity that corresponded with each corporal work of mercy. I contacted a different charity each week to find out what their needs were, and we had fun collecting items for a homeless shelter and safe house, visiting a nursing home, and acquiring some new Bibles for a prison ministry. It opened our eyes to the many needs within our own community!

"For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me." – Matthew 25:35-36

2. ESTABLISH A NEW FAMILY PRAYER HABIT.

Consider adding a daily Mass to your family's week, read the daily Gospel together, or pray a decade (or more) of the Rosary together at least once a week. Our family has been enjoying reading the daily reflection in the Pope Francis Family Devotional at the dinner table—after the food has been passed around and mouths are full and quiet! I'm also looking forward to diving into Donna-Marie Cooper O'Boyle's book, *Feeding Your Family's Soul: Dinner Table Spirituality*. For more ideas on how to pray together as a family, see Grace Mazza Urbanski's excellent book, *Pray With Me: Seven Simple Ways To Pray With Your Children*.

"Reading scripture with the whole family welcomes Jesus into our homes." – Grace Mazza Urbanski

3. CREATE A CHORE SYSTEM.

Make charts, write lists, or establish routines. Find a chore system that works for your family and stick to it. Include things like household chores, summer reading, and musical instrument practice. Discuss the importance of obedience, diligence, and attention to detail with your children, and use chores to work together as a family.

"Work is good for us. Through work we not only transform nature, adapting it to our needs, but we also achieve fulfillment as human beings and indeed in a sense become more human." – St. John Paul II, Homily in Monterey, California, September 1987

4. CULTIVATE A GARDEN TOGETHER.

Whether it's a vegetable garden or a flower garden, the natural growth of plants teaches our children the beauty of God's nurturing hand. Consider planting a Mary Garden, and allow our Blessed Mother to guide you as you lead your children into virtue.

"Ponder the fact that God has made you a gardener, to root out vice and plant virtue."
– St. Catherine of Siena

5. HAVE FUN!

Take day trips together, sit on the porch swing and eat popsicles together, catch fireflies at twilight together. Quality and quantity of time matter with our children. The more time we spend together, the more likely we are to trust one another, to open up to one another, and to create a foundation of love that will stand the test of time and resist the divisiveness of the world.

"And tell me, do you play with your children? Do you waste time with your children? The free gift of a parent's time is so important." – Pope Francis

Be purposeful in creating a summer schedule that allows your family to work together, pray together, and play together. How will your family create a fruitful and faith-filled summer?

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GOING DEEPER

A prayer for a fruitful and faith-filled summer:

Lord, as summer days approach us, we ask that you bestow a special blessing upon our family.

May the summer months bring us warm evenings of laughter, happiness, snuggles, and especially spiritual zeal fueled from daily family prayer.

Please send the Holy Spirit to guide and keep each of us safe as we grow in spirit and explore the beauty of the earth you've gifted us.

In every messy ice cream cone, labored project in the yard, and cannonball into the pool, we devote this beautiful summer to you, Lord. All for your glory. Amen.

CONTINUE THE JOURNEY

If you're looking for more spiritual resources to fill your summer months, be sure to visit our [Prayer Resources page](#) every week! There you'll find ideas, prayers, and tips for your entire family and help to keep your hearts flourishing with faith.

Don't want to sit your kids in front of a TV show? [Catholic Central](#) is an entertaining and informing web series from Family Theater Productions that talks about all things Catholic. Find them on YouTube or [CatholicCentral.com](#).



CHARISSE TIERNEY

Charisse Tierney lives in Newton, Kansas, with her husband Rob and six children. Charisse and Rob are Natural Family Planning and Theology of the Body for Teens teachers. Charisse holds degrees in music performance and is a contributing author to *The Catholic Mom's Prayer Companion*. She also writes for *Family Foundations* magazine and blogs at [Paving the Path to Purity](#).

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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