

Enhance your family prayer with
FAMILY ROSARY

Holy Lives of Inspiration

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

It's a new year! Take a moment to breathe in this fresh start. Begin or end each day with family prayer to get in the habit of praying together. Don't worry, it doesn't have to be perfect! Take comfort in knowing there is no one "correct" way of doing it.

It's a busy time of year for everyone, but it's especially important to slow down and enjoy each other's unique presence.

Know that we are 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 message created by Father Patrick Peyton, C.S.C., so many years ago.



MY SOUL RESTS IN GOD ALONE, FROM WHOM COMES MY SALVATION.

PSALM 62:2





HOLY LIVES OF INSPIRATION



This week in the United States we remember and celebrate the life of Dr. Martin Luther King, Jr. Dr. King's legacy as an advocate of nonviolence is known throughout the world. He often spoke of his Christian faith as his inspiration as well as the teachings of Mahatma Gandhi. Certainly, he was a man of deep faith and strength of conviction.

We are all born with a mission from God, a mission that is as unique as our fingerprints. All of us can be inspired by Dr. King and others to grow in the faith and carry out our unique mission. Let the following examples guide you today and may you and each member of your family continually seek inspiration to enhance your spirituality and strengthen your ability to carry out the work God has designated for you.

VENERABLE PATRICK PEYTON

The founder of Holy Cross Family Ministries, Venerable Patrick Peyton, made it his mission to promote family prayer – especially family Rosary. He placed his complete trust in God and the Blessed Mother, and by doing so became an instrument of family unity and peace.

SAINT TERESA OF CALCUTTA

Saint Teresa of Calcutta's life is also a life of extraordinary accomplishments from a humble heart. She did not set out to be a Saint, but merely to do what God directed her to do during her time on earth. Often times we wonder, what difference can I make in the world? Mother Teresa has the answer, "If you can't feed a hundred people, then feed just one," and "if you want to change the world, go home and love your family."

These are concrete things we can do! It is not likely, nor probable, that Mother Teresa envisioned when she was younger that she would become a familiar name throughout the world. She did not set out to achieve fame, merely to be the hands and feet of Jesus serving the poorest of the poor who were put in her path.

FATHER TED HESBURGH

Likewise it is unlikely that the young Theodore M. Hesburgh ever envisioned that someday he would

become President of the University of Notre Dame for 35 years, or that he would hold sixteen presidential appointments in his life. Father Hesburgh was acknowledged as the principal architect of the Civil Rights Act and served on the Civil Rights Commission from its inception in 1957 until 1972.

“Jesus said that when we feed the hungry, give drink to the thirsty, clothe the naked, visit the sick and the prisoner, open our hearts to the stranger – we are really loving and caring for him, especially as he is found in the poor and the abandoned. Thus does God become a living and visible reality all around us. All human beings are our brothers and sisters, all are our neighbors, especially when in need. It matters not whether they are white or black, red or yellow, men or women, eastern or western, northern or southern, young or old, intelligent or dull, good or bad, attractive or repulsive. I believe since we are all created in the image of God, I can not love God without loving and serving them as best I can.” (*God, Country, Notre Dame*, Theodore Hesburgh)

MODELS FOR US

If there is one common thread in the lives of these three individuals, it is the importance of daily prayer. In our world today, people search for meaning in their lives – yet all of us are drowning in noise. Few of us make a deliberate decision to find a quiet space to communicate with our Creator, our Heavenly Father.

Each of these individuals was undoubtedly inspired by countless other people in their lives to be a voice for the voiceless, and agents of mercy toward all those that they encountered. We are not all called to be famous in this earthly world, but we are all called as Catholics to strive for holiness, and to make the world a better place. We can all model our Catholic values to inspire others in our families by being a loving, kind heart to a soul in need of mercy. In God’s eyes, all of us are equal. All of us are called to desire what is good and true; to love one another, as God loves us.

LET US PRAY

"Before I formed you in the womb, I knew you." (Jeremiah 1:5)

If the purpose of our life is “To Know, Love and Serve the Lord,” then we need to make time and space for Him – where God can speak to our hearts. God has a plan for you; He’s simply waiting for you to pray and listen.

This week find the time to speak with your family about the importance of daily prayer, and commit to doing something different that you have not done before.

Pray together:

Heavenly Father, you make every new family something fresh and precious, a masterpiece of love. Help us to grow into the domestic church you call us to be with a unique mission in our world. Amen.

GOING DEEPER: LIVING THE LUMINOUS MYSTERIES

The first Luminous Mystery asks us to reflect upon the Baptism of Jesus by John in the Jordan.

“When Jesus came out of the water, having been baptized by John, the Holy Spirit came down as a dove and rested on him (John 1:33), a sign that the Holy Spirit dwelt in Jesus, the Son of God. After his death and resurrection Jesus became for us a life-giving spirit (1Colossians 15:45) and sent the Holy Spirit to rest on the heads of the disciples as tongues of fire (Ac 2:3-4). Jesus also gave them the Holy Spirit so they could forgive sins in his name (John 20:22).”

[Father Thomas M .Feeley, Minute Meditations on the Mysteries of the Rosary page 8]

Take a moment to think about your own baptism and confirmation. Ask the Holy Spirit to direct your path, your unique mission, in this moment of your life – and to help you to be inspired and open your family’s hearts and your home to serving Jesus in the world today.

“A WORLD AT PRAYER IS A WORLD AT PEACE.”

Venerable Patrick Peyton

CONTINUE THE JOURNEY

For additional reading, check out these great books:

- *My Life with the Saints*, Father James Martin
- *God, Country, Notre Dame*, Father Theodore Hesburgh



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.

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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