

Enhance your family prayer with
FAMILY ROSARY

**Make Your Family's
Faith Alive this
Summer**
4 simple ways

WWW.FAMILYROSARY.ORG/PRAYERRESOURCES

THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

As temperatures rise and schools close down for the summer, life can change dramatically. We move from the routines and schedules of the school year to the excitement of summer, and it can be easy to lose the prayer routines and rituals of the past several months.

While many parishes host wonderful Vacation Bible School (or similar) programs, these events typically last just a week or two. Not only that, but they often focus on the children, and not on families.

While it's good to present faith opportunities to our children, it is extremely important to bring our families closer to God together. Here are some simple ways we can do this!

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 LORD SEEKS EVERYONE, HE WANTS
EVERYONE TO FEEL THE WARMTH OF HIS
MERCY AND HIS LOVE.

POPE FRANCIS

MAKE YOUR FAMILY'S FAITH ALIVE THIS SUMMER

1. INCORPORATE PRAYER THROUGHOUT THE DAY

Prayer does not have to be restricted to mealtimes and the evening; there are numerous ways to bring prayer into your day. For example, you can say a quick prayer as a family in the morning before everyone heads off to his or her activities for the day.

You can pray the Angelus together. You can read a short passage from Scripture during lunch or dinner. You can pray the Divine Mercy Chaplet at 3 p.m. Particularly if you have older kids, you can learn how to pray the Liturgy of the Hours together.

2. CREATE A PRAYERFUL ENVIRONMENT IN YOUR HOME

Does your home reflect your faith? Are prayer materials easily accessible in your home? If not, this summer could be a great opportunity to make the Faith more physically present in your home. We don't need anything elaborate, but even just placing simple pieces of sacred art around the home or in a "prayer corner" is a fantastic way to center your day and family life on God.

We can also place Bibles and Rosaries in a convenient location, to help encourage prayer. The Little Oratory by David Clayton and Leila Lawler has some wonderful ideas on ways to incorporate the Faith into your home.

3. VISIT JESUS IN ADORATION

When was the last time you visited the Adoration Chapel? When was the last time you went to Adoration as a family? If it's been a while, this summer would be a wonderful time to visit Jesus together. If you are worried about your kids being too noisy and rambunctious during this time of prayer, try to find a local children's Adoration hour. These types of hours are specifically geared towards young children, and involve vocal prayer, songs, and guided times of silence. If your diocese does not offer these types of events, then start one yourself! The Community of St. John has some wonderful resources to help you do this.

4. GO ON A PILGRIMAGE TOGETHER

Pilgrimages have a long and rich history in the Catholic Church. For many centuries, men and women have prayerfully traveled to holy sites across the world. Although we often think of pilgrimages involving long, often international, journeys, we can certainly make pilgrimages no matter what our budget or travel restrictions may be. *The Directory on Popular Piety and the Liturgy*, by the Congregation for Divine Worship, states that, among other things, "a pilgrim goes to a shrine to encounter God, to be in His presence, and to offer Him adoration in worship, and to open his heart to Him."

Even a journey to a shrine the next town over can be a deeply prayerful, transformative

experience! Look around your local area to discover what kinds of Catholic sites are available to visit. There are many good pilgrimage locations throughout the world, some of which are noted at [100 Catholic Pilgrimage Sites](#).

We belong to a vibrant Church, and it's important to cultivate a growing spiritual life for ourselves and our families. There are numerous ways we can go about this; the four ways listed here are just the tip of the iceberg!

Copyright 2018 AnneMarie Miller at [CatholicMom.com](#).

GOING DEEPER

Lord, we welcome you into this beautiful season of summer. Watch over us as we enjoy the many fruits of nature, longer days, and shared memories. We want to dedicate this time to really grow closer together and fall deeper in love with You. Amen.

CONTINUE THE JOURNEY

Listen to the **Catholic Momcast** all summer long, keeping you company in the car, on the beach, in the garden or wherever you find yourself on a hot day. Subscribe wherever you get your podcasts!

ANNEMARIE MILLER

Eagerly seeking new adventures each day, AnneMarie enjoys life in Oklahoma with her husband and little boy. She has a passion for the Faith and particularly loves learning more about the Liturgy, saints, and various devotions. AnneMarie's musings on Catholicism, literature, and motherhood can be found on her blog, *Sacrifice of Love*.

BRINGING FAMILIES TOGETHER IN PRAYER

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:



facebook.com/FamilyRosary



instagram.com/FamilyRosary



twitter.com/FamilyRosary



hcfmstore.org



youtube.com/user/FamilyRosaryVideo