



Prayer Ideas and Ways to Discover Joy In Your Family

Catholic Education Week 2018

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An example of a message that might be sent to families in school communication during Catholic Education Week

The theme for Catholic Education Week this year is ‘Discovering New Horizons.’

Family Prayer

Turn off all electronic devices and dim the lights or light a candle.

We light our candle for our own family, for all families in our school and parish community and for families all over our country and world.

May they be strengthened and guided in this week celebrating our family and our school.

Light candle and pause... watch the flame grow.

OR

As a family go outside just on dusk and watch the sky go from day to night. Sit together in silence just contemplating the majesty and joy of God in the night sky. After a short time invite each family member to say what gives them joy.

Let us listen to a message below from Pope Francis about the importance of prayer to help families grow stronger.

(Children may enjoy setting up a prayer table somewhere in the house and put items on the table that are important for them. A family member can place a bible, cross, rosary beads and a shoe, car, boat (symbols of how we as a family can discovery new ways of helping the poor).

What Makes the Family Strong? (Pope Francis)

“Love is shown by little things, by attention to small daily signs which make us feel at home. Faith grows when it is lived and shaped by love. That is why our families, our homes, are true domestic churches. They are the right place for faith to become life, and life to grow in faith” Pope Francis.

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We need simplicity to pray as a family: simplicity is necessary! Praying the Our Father together, around the table, is not something extraordinary: it's easy. And praying the Rosary together, as a family, is very beautiful and a source of great strength! And also praying for one another! The husband for his wife, the wife for her husband, both together for their children, the children for their grandparents....praying for each other. This is what it means to pray in the family and it is what makes the family strong: prayer. Pope Francis– Homily, October 27, 2013.

Let us respond to these reminders from Pope Francis by taking time to name a member of our family, either living or dead, who we wish to remember and give thanks for.

(Pause)

Let us name them..... and share one thing that we know or remember about them e.g.

I wish to pray for Pop and I know that he is a very generous person.

I wish to pray for Nan and I remember the way she used to always be so excited when we would go to visit her. (Silence for one minute)

Let us link hands as we pray the Our Father for our family and all families in the world. Our Father, who art in Heaven, hallowed be Thy name;

Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread;
and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation but deliver us from evil.
Amen.

Extinguish candle and pause

Simple ways to share our family joy by talking about the good times and joy we have had as a family. How did we help one another through a hard time? What are we grateful for in our family this week?

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An idea for each day of Catholic Education Week

Begin a family gratitude journal for all family members to jot down little things that they are grateful for. Younger children could draw what they are grateful for or have an older sibling or parent scribe for them. After school, ask your child to talk firstly about 3 good things that happened in the day and then one solved problem.

Think about ways that your family might be able to practice sharing with our community such as feeding the hungry, helping the homeless, visiting the sick, helping the poor, comforting those who are sad or lonely, forgiving others e.g. donating used toys or clothing; visiting people in nursing homes or aged care facilities and spending time with them e.g. reading the newspaper to them or playing a game of cards with them. Encourage everyone in the family to put money aside for Mission Week in October.

Create a short end-of-day ritual to ask for and extend forgiveness to members of your family. "Do not let the sun set on your anger" (Eph. 4:26).

Make a point to smile, greet or make conversation with others you may meet throughout your day or week.

Before you begin a family dinner, light a candle and join hands with everyone at your table for a moment of silence. Pray silently for peace; peace in your hearts, peace in your families and peace in our world.

This could also happen at the end of a shared meal.

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