

# Family Card

## ***The November Family Holy Habit Scoop:***

This month's habit is about learning to be regularly mindful of the powerful help and protection of the Angels and the Saints. We believe strongly in their presence and in their care for us, and also in their care for our loved ones. We also have classic Catholic prayers in our tradition that we can memorize to help us with our daily "check-ins" with our heavenly friends.



NOVEMBER HABIT

## MAKE FRIENDS WITH SAINTS



REGULARLY PRAY THE "ANGEL OF GOD" PRAYER.



FREQUENTLY INVOKE A PATRON SAINT FOR HELP.



PRAY THE "ANGELUS" PRAYER DAILY  
(OR 3X A DAY!).

## How Parents Can Lead the Way:

- Memorizing is out of style these days, but there are some prayers we just have to commit to memory so that they become part of who we are and can be prayed directly from our hearts as we get to know them.
- Even if the wording of the "Angel of God" prayer or the "Angelus" prayer may seem old fashioned, learning the wording of the tradition is important for kids and parents so that we are in harmony with the generations who have prayed these prayers before us, and who pray with us now from their place in heaven.
- If you speak with love and devotion about your favorite Saints, your children will catch your enthusiasm for the Saints as well.

## Making the November Habit Challenge As a Family:

- Research the stories of Saints who share the first or middle names of children and parents, or whose feast days are on birthdays or baptism days, or who are patrons of favorite activities of family members (like sports, writing, gardening, etc).
- Purchasing images of the Saints and Angels to place in bedrooms and near desks is a great way to keep up our devotion to them.
- If the parish church has votive candles near images of the Saints, light a candle together as a family and ask the specific Saint to pray for your intention for as long as the candle burns.



"EVERY ATHLETE EXERCISES  
DISCIPLINE IN EVERY WAY"  
1 COR 9:25



"I DRIVE MY BODY AND TRAIN IT"  
1 COR 9:27



"RUN SO AS TO WIN"  
1 COR 9:24