

# Family Card

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

This month's habit is about allowing Sunday to be a unique day of the week in a similar way that Fridays are unique. Fridays are for sacrificing, and Sundays are for celebrating the Resurrection, for worship, and for faith. At the core of the Sunday celebration is making time to rest and making time to be together as a family.



## **SIMPLIFY SUNDAYS**



**ATTEND MASS EVERY SUNDAY AND HOLY DAY.**



**EAT ONE MEAL TOGETHER AS A FAMILY EVERY SUNDAY.**



**LIMIT SHOPPING TO NECESSITIES AND EMERGENCIES ONLY EVERY SUNDAY.**

## How Parents Can Lead the Way:

- Among the most powerful of gestures that parents demonstrate to their children is leading the family in the Sunday trip to church for Mass. Seeing moms and dads kneel down to pray, dip fingers into holy water fonts, and quietly pray before and after receiving Communion leaves a large impression on children.
- Also powerful is the intentional re-shaping of family shopping habits and busy, non-church activities to avoid Sundays when possible as a way to keep the day sacred.
- For this to happen, we must first deepen our own appreciation of the importance and power of Sunday as the primary day dedicated to the Lord.

## Making the February Habit Challenge As a Family:

- Play games or go for exercise outings as a whole family on Sundays.
- Sit near extended family members at Mass on Sundays if they attend the same parish.
- Look for parish Mass schedules online before going on vacations and plan to attend Mass as part of your travels, experiencing new and different Catholic parishes.
- If work situations make it impossible to attend Mass together, then conclude Sunday with a short prayer time together at home around the table as a family, thanking God for the blessings of the day.



"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