



Coordinator's Manual

February 2020

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Author's Biography

Father Nathan Reesman wrote The Holy Habits Challenge materials for his thesis project for his Doctor of Ministry degree from the University of Saint Mary by the Lake. As part of his thesis project, he piloted The Holy Habits Challenge at Saint Frances Xavier Cabrini and Saint Mary's Immaculate Conception parishes in West Bend, Wisconsin.

Father Reesman graciously gave The Holy Habits Challenge materials to the Archdiocese of Milwaukee in the hopes that a number of other parishes would be able to benefit from his work. The intent of this project is to help individuals and families grow in their relationship with Christ and the Church through deepening their appreciation and practice of daily routines that revolve around prayer, the virtues, and the works of mercy.

The Holy Habits Challenge is a great gift to the Archdiocese of Milwaukee and we are extremely grateful to Father Reesman for his openness to sharing his work with so many people. These materials are especially fitting for our archdiocese as they respond directly to a 2014 Synod priority of the need for "practical, user-friendly strategies for families to strengthen and practice their Catholic identity."

Father Nathan Reesman is a priest for the Archdiocese of Milwaukee. Ordained in 2006, he is originally from Burlington, Wisconsin and is a graduate of the University of Wisconsin, Madison and of St. Francis de Sales Seminary.

He served as the Associate Pastor of St. Mary's Visitation Parish in Elm Grove, Wisconsin from June of 2006 to June of 2009. His second assignment was serving as the Associate Pastor for two parishes, Holy Angels and Saint Frances Xavier Cabrini, both in West Bend, Wisconsin.

In June of 2011, Archbishop Jerome E. ListECKI appointed him the Administrator of Saint Frances Xavier Cabrini. June 19, 2012 he became pastor of the parish.

In July of 2014, Father Nathan became a shared pastor with Saint Mary's Immaculate Conception Parish in West Bend.

His personal blog can be found at www.exsulare.com

The Holy Habits Challenge Overview

What is the Holy Habits Challenge?

The Holy Habits Challenge is a means to teach those who attend weekend Masses at least once a month, and families with children in a Catholic school or religious education program, some of the basic Catholic habits that come to us from the traditions and piety of the Church.

The goal is to instill daily routines that revolve around prayer, the virtues, and the works of mercy so that the average Catholic can deepen his or her relationship with Christ and with the Church. The materials are designed to be a challenge that participants agree to do and incorporate into their lives.

What are the Holy Habits?

There are 8 general habits introduced through the Holy Habits Challenge.

- Labor for the Lord
- Make Meals Matter
- Make Friends with Saints
- Manage Heavenly Riches
- Observe No-Frills Fridays
- Simplify Sunday
- Make Amends
- Make Time for God

In the challenge, each habit is presented more concretely at three different degrees of difficulty: basic, intermediate, and advanced.

How do we introduce parishioners and families to the Holy Habits Challenge?

All materials for the Holy Habits Challenge are available on the Archdiocese of Milwaukee website at:

www.archmil.org/holyhabits

The Challenge can be used with the whole parish, with the Sunday Mass community, with families of children in a Christian formation program, or with families with children in a Catholic school. The primary materials for the Challenge are simple: printed cards distributed to parishioners at Mass and similar cards for families of children in the religious education program or Catholic school. Additional promotional and catechetical materials explain and support the program. The Coordinator's Manual provides detailed instructions.

Permission for use of all materials is granted to the parishes and Catholic schools in the Archdiocese of Milwaukee.

Parish and Formation Program Kit Content: Instructions for Using Monthly

The Holy Habits Challenge can effectively be used in a nine to ten month parish formation program. It is specifically designed to reach two main groups of people in an average parish setting: those who attend weekend Masses at least once a month, and also families with children in a day school or religious education program, especially in Grades 1 through 8.

The program is a means to teach the members of these two groups some of the basic Catholic habits that come to us from the traditions and piety of the Church. The goal is to instill daily routines that revolve around prayer, the virtues, and the works of mercy so that the average Catholic can deepen his or her relationship with Christ and with the Church.

The thematic language of the formation program is taken from Saint Paul's First Letter to the Corinthians (the conclusion of chapter 9) in which he compares the pursuit of holiness to an athletic competition, or a race. The program is designed to be a challenge that participants agree to accept, doing so especially as a whole group of parishioners, making a group pledge in the process. The graphics for the program utilize the emoji style of communication that is increasingly popular in mainstream culture.

The Holy Habits:

There are eight general habits that are introduced to the Mass attendees and formation program families one month at a time, from September through April. In addition to the general habits, each habit has three more concretely defined versions of it that correspond to different degrees of difficulty in the challenge: basic, intermediate, and advanced. The habits are as follows:

Habit introduced in September: Labor for the Lord

- *Basic Habit:* Give each day to God with a morning offering prayer.
- *Intermediate Habit:* Give each new task and trip to God with a "Hail Mary."
- *Advanced Habit:* Give each hardship to God praying: "I trust in you!"

Habit introduced in October: Make Meals Matter

- *Basic Habit:* Pray a meal prayer before each meal.
- *Intermediate Habit:* Pray a thanksgiving prayer after each meal.
- *Advanced Habit:* Eat one meal each week with all “screens” put away or off: TV’s, laptops, phones, and tablets.

Habit introduced in November: Make Friends with Saints

- *Basic Habit:* Regularly pray the “Angel of God” prayer.
- *Intermediate Habit:* Frequently invoke a patron saint for help.
- *Advanced Habit:* Pray the “Angelus” prayer daily (or 3x a day!).

Habit introduced in December: Manage Heavenly Riches

- *Basic Habit:* Practice consistent stewardship to your parish.
- *Intermediate Habit:* Make a monthly donation to some other Catholic charitable outreach besides your parish.
- *Advanced Habit:* Keep a “no-complaints jar:” give up complaining and toss money into a jar each time you slip up to give to the poor.

Habit introduced in January: Observe No-Frills Fridays

- *Basic Habit:* Skip dessert or a second helping every Friday of the year.
- *Intermediate Habit:* Make regular periods of silence every Friday of the year.
- *Advanced Habit:* Eat no meat every Friday of the year (besides Lent).

Habit introduced in February: Simplify Sunday

- *Basic Habit:* Attend Mass every Sunday and Holy Day.
- *Intermediate Habit:* Eat one meal together as a family every Sunday.
- *Advanced Habit:* Limit shopping to necessities and emergencies only every Sunday.

Habit introduced in March: Make Amends

- *Basic Habit:* Celebrate the Sacrament of Reconciliation/Confession in Advent or Lent.
- *Intermediate Habit:* Celebrate the Sacrament of Reconciliation/Confession monthly.
- *Advanced Habit:* Pray a daily examination of conscience.

Habit introduced in April: Make Time for God

- *Basic Habit:* Make 15 minutes daily to pray with the Sacred Scriptures.
- *Intermediate Habit:* Make 15 minutes daily to pray the Rosary.
- *Advanced Habit:* Make 15 minutes daily to visit the Blessed Sacrament.

Specific Formation Program Components and Contents:

The main communication materials of the formation program revolve around connections made to people while they are in church for a weekend Mass, and/or connections made to families by way of the formation programs in which their children are enrolled.

By nature it therefore is not meant to be a parish-wide program for seekers, fallen-away Catholics, and parish members with only minimal regular contact with the parish. The formation materials are designed to be used in the focused settings described above for a specific group of people.

Contents of the Holy Habits Challenge Kit Include

Posters and Overall Theme Materials:

- The Holy Habits Challenge main logo and main poster: small printed sample and electronic file for printing the full size version
- Month-specific posters (9) that introduce the different holy habits: small printed samples and electronic file for printing the full size versions
- Stand-alone copies of the various Holy Habits logos themselves: electronic files

In-Mass Materials:

- In-Mass materials instruction sheet
- In-Mass Holy Habit Cards (8) that introduce the monthly habits: printed samples and electronic files
- Weekly parish bulletin update materials for each habit: electronic file
- Pulpit announcements that accompany the habit for each month: electronic file
- Universal Prayers for weekend Masses that accompany the habit for each month: electronic file
- Official Holy Habits Challenge Booklet: electronic file for printing
- Official Holy Habits Challenge fridge clip (for holding monthly cards): If the parish decides to use them, order them from a company that provides promotional materials, customized with the Holy Habits Challenge logo.

School and Religious Education Program Materials:

- School and Religious Education materials instruction sheet
- Family Holy Habit Cards (8) that offer family adaptations for parents: printed samples and electronic files
- Teacher Quick Guide Cards (9) that offer additional information for classroom use: printed samples and electronic files

Parish Requirements:

- For a parish to effectively run the Holy Habits Challenge, it is recommended that one staff member be responsible for ensuring that the various communication components of the program and materials are being utilized in their respective areas of parish life simultaneously: bulletin and communications, liturgy, school curriculum, and religious education programming.
- Therefore it is most effective if a parish and school decide to use the Holy Habits Challenge as a campus-wide theme for a given formation year.
- A parish and school will be able to use the electronic files of this kit to print all of the needed materials.
- A parish should plan for printing costs of large posters or banners, as well as a large quantity of Holy Habits cards, and an appropriate amount of religious formation program materials, all printed from the electronic files of this kit
- DRE's and School Principals should make catechists and teachers aware of this program with a sufficient time in advance of September in order to allow for lesson plan incorporation where helpful.
- August is a critical month for a parish and school to print the needed posters and cards to have ready to use throughout the formation year.
- If the parish and school decide to utilize the Holy Habit Challenge Fridge Clip, these should be ordered in advance in order to give them out in September.
- April is a critical month to ensure that sufficient quantities of the Official Holy Habit Challenge Booklet (given out in May) are prepared if a parish chooses to utilize this communication method.
- If a parish chooses to utilize the month-specific posters, they will need to be changed from month to month. The same staff coordinator should arrange for them to be changed.
- Schools and Religious Education programs will need to print sufficient numbers of In-Mass Cards and Family Holy Habit Cards to send home to the parents of their students throughout the year.
- Schools and Religious Education programs will need to print sufficient numbers of Teacher Quick Guide Cards for all of their catechetical instructors.

Parish and Formation Program Kit Content: Instructions for Using in a Non-Month Specific Manner

Ways to Use the Holy Habits Challenge:

The Holy Habits Challenge was originally designed to be used on a monthly basis to reach those who attend weekend Masses at least once a month, and families with children in a day school or religious education program, especially in Grades 1 through 8.

However, these materials can easily be adapted and used in non-month specific ways. This option allows parishes and schools to run a shorter version of The Holy Habits Challenge, offer it across a set of weeks, or run it in parts. You can mix and match as you have total freedom on the order and scope of these materials.

Some options for using The Holy Habits Challenge in this manner include:

- In a Catholic school or religious education program to enhance a topic that is being covered
- In a Family Faith Formation program
- By the parish or school during Advent, Lent or other seasonal basis
- As part of an Adult Education, Family Education, Parish Mission or a thematic program offered by the parish or school

Intent of the Holy Habits Challenge:

The program is a means to teach those who attend weekend Masses at least once a month, and families with children in a day school or religious education program, some of the basic Catholic habits that come to us from the traditions and piety of the Church. The goal is to instill daily routines that revolve around prayer, the virtues, and the works of mercy so that the average Catholic can deepen his or her relationship with Christ and with the Church.

The thematic language of the formation program is taken from Saint Paul's First Letter to the Corinthians (the conclusion of chapter 9) in which he compares the pursuit of holiness to an athletic competition, or a race. The materials are designed to be a challenge that participants agree to do and incorporate into their lives. The graphics for the program utilize the emoji style of communication that is increasingly popular in mainstream culture.

The Holy Habits:

There are eight (8) general habits introduced as part of the Holy Habits Challenge. In addition to the general habits, each habit has three more concretely defined versions of it that correspond to different degrees of difficulty in the challenge: basic, intermediate, and advanced. The habits are as follows:

Labor for the Lord

- Basic Habit: Give each day to God with a morning offering prayer.
- Intermediate Habit: Give each new task and trip to God with a “Hail Mary.”
- Advanced Habit: Give each hardship to God praying: “I trust in you!”

Make Meals Matter

- Basic Habit: Pray a meal prayer before each meal.
- Intermediate Habit: Pray a thanksgiving prayer after each meal.
- Advanced Habit: Eat one meal each week with all “screens” put away or off: TV’s, laptops, phones, and tablets.

Make Friends with Saints

- Basic Habit: Regularly pray the “Angel of God” prayer.
- Intermediate Habit: Frequently invoke a patron saint for help.
- Advanced Habit: Pray the “Angelus” prayer daily (or 3x a day!).

Manage Heavenly Riches

- Basic Habit: Practice consistent stewardship to your parish.
- Intermediate Habit: Make a monthly donation to some other Catholic charitable outreach besides your parish.

- Advanced Habit: Keep a “no-complaints jar:” give up complaining and toss money into a jar each time you slip up to give to the poor.

Observe No-Frills Fridays

- Basic Habit: Skip dessert or a second helping every Friday of the year.
- Intermediate Habit: Make regular periods of silence every Friday of the year.
- Advanced Habit: Eat no meat every Friday of the year (besides Lent).

Simplify Sunday

- Basic Habit: Attend Mass every Sunday and Holy Day.
- Intermediate Habit: Eat one meal together as a family every Sunday.
- Advanced Habit: Limit shopping to necessities and emergencies only every Sunday.

Make Amends

- Basic Habit: Celebrate the Sacrament of Reconciliation/Confession in Advent or Lent.
- Intermediate Habit: Celebrate the Sacrament of Reconciliation/Confession monthly.
- Advanced Habit: Pray a daily examination of conscience.

Make Time for God

- Basic Habit: Make 15 minutes daily to pray with the Sacred Scriptures.
- Intermediate Habit: Make 15 minutes daily to pray the Rosary.
- Advanced Habit: Make 15 minutes daily to visit the Blessed Sacrament.

Specific Formation Program Components and Contents:

The main communication materials of the formation program revolve around connections made to people while they are in church for a weekend Mass, and/or connections made to families by way of the formation programs in which their children are enrolled.

By nature it therefore is not meant to be a parish-wide program for seekers, fallen-away Catholics, and parish members with only minimal regular contact with the parish. The formation materials are designed to be used in the focused settings described above for a specific group of people.

Contents of the Holy Habits Challenge Kit Include

You will need to determine what will be most helpful to you in the setting you will be using the materials.

Posters and Overall Theme Materials:

- The Holy Habits Challenge main logo and main poster: small printed sample and electronic file for printing the full size version
- Specific posters (9) that introduce the different holy habits: small printed samples and electronic file for printing the full size versions
- Stand-alone copies of the various Holy Habits logos themselves: electronic files

In-Mass Materials:

- In-Mass materials instruction sheet
- In-Mass Holy Habit Cards (8) that introduce the habits: printed samples and electronic files
- Weekly parish bulletin update materials for each habit: electronic file
- Pulpit announcements that accompany the habit: electronic file
- Universal Prayers for weekend Masses that accompany the habit: electronic file

- Official Holy Habits Challenge Booklet: electronic file for printing
- Official Holy Habits Challenge fridge clip (for holding monthly cards): If the parish decides to use them, order them from a company that provides promotional materials, customized with the Holy Habits Challenge logo.

School and Religious Education Program Materials:

- School and Religious Education materials instruction sheet
- Family Holy Habit Cards (8) that offer family adaptations for parents: printed samples and electronic files
- Teacher Quick Guide Cards (9) that offer additional information for classroom use: printed samples and electronic files

Parish Requirements:

- For a parish/school to effectively run the Holy Habits Challenge, it is recommended that one staff member be responsible for ensuring that the various communication components of the program and materials are being utilized in their respective areas of parish life simultaneously: bulletin and communications, liturgy, school curriculum, and religious education programming.
- A parish/school will be able to use the electronic files of this kit to print all of the needed materials.
- A parish/school should plan for printing costs of large posters or banners, as well as Holy Habits cards, and an appropriate amount of religious formation program materials, all printed from the electronic files of this kit
- DRE's and School Principals should make catechists and teachers aware of this program with a sufficient time in advance to allow for lesson plan incorporation where helpful.
- It is a critical for a parish/school to print the needed posters and cards in advance to have ready to use.
- If the parish/school decide to utilize the Holy Habit Challenge Fridge Clip, these should be ordered in advance.

- It is critical to ensure that sufficient quantities of the Official Holy Habit Challenge Booklet are prepared if a parish/school chooses to utilize this communication method.
- If a parish/school chooses to utilize the posters, they will need to be changed from topic to topic. The same staff coordinator should arrange for them to be changed.
- Schools and Religious Education programs will need to print sufficient numbers of In-Mass Cards and Family Holy Habit Cards to send home to the parents of their students when a specific habit is covered.
- Schools and Religious Education programs will need to print sufficient numbers of Teacher Quick Guide Cards for all of their catechetical instructors.

In-Mass Materials Instructions

If you are using the Holy Habits Challenge in a non-month specific manner, please adjust the instructions as needed.

The In-Mass Materials include the following components:

- Large, main poster or banner
- Smaller month-specific posters or banners
- In-Mass Holy Habit Cards
- Bulletin updates
- Universal Prayers for weekend Masses
- Pulpit Announcements for weekend Masses
- The Holy Habits Challenge Pledge for weekend Masses
- The Official Holy Habits Challenge Booklet
- The Official Holy Habits Challenge Fridge Clip (optional)

Large, Main Poster or Banner:

- For content, see the small printed sample or view the electronic file for printing.
- The large, main poster advertises the entire challenge, and it is displayed in a prominent place near church entry points throughout the challenge.
- Multiple main banners can be displayed at multiple entrances.

Smaller, Month-Specific Posters or Banners:

- For content, see the small printed samples or the electronic files for printing
- The smaller, month-specific banners are used to help introduce the new habit for each month and should be displayed in a place where they will be viewed by many people who come and go from the church.

- There are (9) (including a finish line banner for May) unique banners with specific logos that match the graphics on the in-Mass cards.
- These are to be changed at the beginning of each month.

In-Mass Holy Habit Cards (cards with a green border):

- For content, see printed samples or the electronic files for printing.
- These cards are 5.5” by 8.5” in size, double sided, and they introduce the new habit for each month.
- These cards include a unique logo for each month along with the three levels of habits listed as basic, intermediate, and advanced, and some direct content as well as web links for more extended content.
- They are handed out at all weekend Masses, early in the month, at the same Mass when the pulpit announcement and Holy Habits Pledge is used.
- It is recommended they be handed out by the ushers before the final blessing to those in the pews. They may also be handed out with the parish bulletins.
- The same cards are also sent home with students in day school or religious education programs.

Bulletin Updates:

- For content, see the electronic file.
- Regular, weekly bulletin notices about the Holy Habit Challenge are strongly encouraged. A minimum of two reminders a month are needed.
- For content, the logos for the months or overall Challenge can be used, along with any of the content on the in-Mass cards which is duplicated in the electronic bulletin update file in the kit.
- The content on the cards can be divided up over several bulletin weekends or they can be identical in their presentation with concentration on only one weekend.

Universal Prayers for Weekend Masses:

- For content, see the electronic file.
- The Holy Habit Challenge includes a set of three intercessions for each month of the Challenge, with each set corresponding to the unique Habit for that month.

- It is recommended that each weekend of the month include one intercession for the Challenge; three weekends at a minimum should include the intercession, and they may be repeated if necessary.

Pulpit Announcements for Weekend Masses:

- For content, see the electronic file.
- A pulpit announcement should be used at Mass on the first or second weekend of each month, coinciding with the introduction of the new habit for that month, on the same weekend that the in-Mass cards are given out.
- If a parish utilizes a regular, printed worship aid, the Holy Habit Pledge can be added to the pulpit announcements for the same weekend that the parish receives the new in-Mass cards for that month.

The Holy Habits Pledge:

- For content, see the electronic file for the Pulpit Announcements.
- This pledge may appear in print, but it is designed to be recited together at Mass, once a month, as a means to build group solidarity and mutual support to engage the challenge as a whole community.
- Parishes are encouraged to find ways to include it in the Mass once a month.

The Official Holy Habits Challenge Booklet:

- For content, see the electronic file.
- This is a collection of all of the in-Mass cards and Family Holy Habit cards (see the school and formation program instructions) bound together in one book, given out at the Masses in May once the challenge is officially done.
- It is meant to be a keepsake of the challenge as well as ongoing formation tool to help maintain the new habits people have learned.

The Official Holy Habits Challenge Fridge Clip:

- This is optional and may be ordered by the parish.
- It is to be given out at the Masses in September, at the start of the challenge. Everyone is encouraged to place it on their refrigerator or some prominent place, and to clip the monthly cards in the clip for ease of use.

To-Do Lists

***If you are using the Holy Habits Challenge in a non-month specific manner,
please adjust the “to-do” list as needed.***

To-Do the Spring Prior:

- Decide if the entire parish, including the school and religious education programs, are going to run the Challenge together as a unified theme for the coming formation year.
- Make sure school teachers and catechists are aware.
- Assign one staff member to oversee the distribution and coordination of the various communication materials.

To-Do in August:

- Order from a print shop or banner company as many large main Holy Habit Challenge Banners that are needed for display near the main entrances to the church. Use the electronic files with this kit for printing.
- Order from a print shop or banner company as many of the month specific banners that are needed to be displayed where appropriate. There are nine (9) separate month-specific banners. Use the electronic files with this kit for printing.
- Order enough in-Mass cards to distribute to attendees at Mass of all appropriate ages. There are eight (8) separate in-Mass cards, one for each month. Use the electronic files with this kit for printing.

- If using this option, order enough of the Official Holy Habit Challenge Fridge Clips for your participating parish and school families.
- Make a schedule determining which weekends during each month that the in Mass cards will be distributed, and create a distribution plan. This will be one weekend each month, early in the month.
- Determine the best approach you will use to allow those at Mass to make the Holy Habits Pledge at least once a month.

To-Do the First or Second Weekend of Each Month:

- Change the small month-specific banner to the new month
- Distribute the specific in-Mass card at all the Masses
- Make the pulpit announcement and Holy Habit Pledge during the same Masses at which the cards are given out
- Include the universal prayers
- Update the bulletin text boxes or graphics

To-Do in March:

- Print enough of the Official Holy Habits Challenge Booklets to be given out at the Masses during the month of May.

School and Religious Education Program Materials Instructions

*If you are using the Holy Habits Challenge in a non-month specific manner,
please adjust the instructions as needed.*

A Coordination Note:

The Holy Habits Challenge Formation Program is designed to be a parish-wide formation program, with components that are simultaneously utilized at weekend Masses, within school classrooms, and within other formation programming. The school and religious education programming materials include some of the same materials that are incorporated in the in-Mass materials.

Incorporating the Holy Habits Challenge into School and Religious Education Programming:

The Holy Habits Challenge is not a complete lesson in and of itself and is not meant to take the place of, or compete with, other required catechetical programming that must be fit into a usual formation year.

Teachers and catechists are encouraged to look over the three sets of monthly cards, along with the logos, and incorporate ideas and concepts in small or large ways to their regular lessons.

Some mention should be made of the Challenge each month so that students who do not attend weekend Masses are aware of it.

The Teacher Quick Guide Cards are meant to offer some helpful background and a few added classroom tips and helps. Further planning and research for more materials will be necessary if a teacher or catechist wishes to offer a more in-depth lesson on any of the habits.

The School and Religious Education Program Materials include the following components:

- Large, main poster or banner
- Smaller month-specific posters or banners
- Stand-alone logos
- In-Mass Holy Habit Cards
- Family Holy Habits Cards
- Teacher Quick Guide Cards
- The Holy Habits Challenge Pledge
- The Official Holy Habits Challenge Booklet
- The Official Holy Habits Challenge Fridge Clip (optional)

Large, main poster or banner:

- For content, see the small printed sample or view the electronic file for printing.
- The large, main poster advertises the entire challenge, and it is displayed in a prominent place near the school or formation building entrances.
- Smaller versions of it may be printed for individual classroom boards.
- Multiple main banners can be displayed at multiple entrances.

Smaller, month-specific posters or banners:

- For content, see the small printed samples or the electronic files for printing
- The smaller, month-specific banners are used to help introduce the new habit for each month and should be displayed in a place where they will be viewed by many people who come and go from the formation center.
- These banners are well suited for classroom boards.
- There are nine (9) (including a finish line for May) unique banners with specific logos that match the graphics on the in-Mass cards.
- These are to be changed at the beginning of each month.

Stand-alone logos:

- For content, see the electronic files in the kit.
- These are graphics files of some of the Holy Habits Challenge logos that may be used for printing separate communications or for custom made classroom boards.

In-Mass Holy Habit Cards (cards with a green border):

- For content, see printed samples or the electronic files for printing.
- These cards are 5.5” by 8.5” in size, double sided, and they introduce the new habit for each month.
- They are sent home to the parents of students in a day school or religious education program early in each month in the event that students were not at Mass over the distribution weekend.
- They are the same cards that are distributed at all weekend parish Masses, early in the month.
- It is recommended that teachers or catechists talk about the cards with the students the same time they are sent home.

Family Holy Habit Cards (cards with a blue border):

- For content, see printed samples or the electronic files for printing.
- These cards are 5.5” by 8.5” in size, double sided, and they are meant to supplement the in-Mass card by offering additional content and tips designed specifically for families of school-aged children.
- These cards are designed to be used along with the In-Mass card, not as a replacement for them.
- They are sent home early in the month to the parents of the students in a day school or religious education program, along with the In-Mass cards.
- The contents of these cards are valuable pieces for any in-class discussion of the habit for that particular month.

Teacher Quick Guide Cards:

- For content, see the printed samples or the electronic files for printing.
- These cards are 8.5" by 11" in size, double-sided, and they are meant to assist teachers and catechists in their custom preparations of any in class lessons they wish to offer about the Holy Habits for the given month.
- They are not complete lesson plans.
- The cards offer some background information on the specific habits as well as some suggestions of where to look for further resources in the *Catechism of the Catholic Church*.
- See a further note above about the incorporation of the Holy Habits Challenge into a school or religious education formation year.

The Holy Habits Pledge:

- For content, see the electronic file for the Pulpit Announcements or the content for the Teacher Quick Guide cards.
- This pledge may appear in print, but it is designed to be recited together during class times or during a school day if possible.

The Official Holy Habits Challenge Booklet:

- For content, see the electronic file.
- This is a collection of all of the in-Mass cards and Family Holy Habit cards (see the in-Mass program instructions) bound together in one book, given out in May once the challenge is officially done.
- It can be used in class or it is sent home to the parents of the students.
- It is meant to be a keepsake of the challenge as well as ongoing formation tool to help maintain the new habits people have learned.

The Official Holy Habits Challenge Fridge Clip:

- This is optional and may be ordered by the parish or school.
- It is to be given out to students or sent home to parents in September, at the start of the challenge. Everyone is encouraged to place it on their refrigerator (or locker) or some prominent place, and to clip the monthly cards in the clip for ease of use.

To-Do Lists

***If you are using the Holy Habits Challenge in a non-month specific manner,
please adjust the “to-do” list as needed.***

To-Do the Spring Prior:

- Decide if the entire parish, including the school and CCD programs, are going to run the Challenge together as a unified theme for the coming formation year.
- Make sure school teachers and catechists are aware that this will be the theme for the coming year
- Assign a school staff member or parish formation staff member to the responsibility of printing and distributing all the needed materials.

To-Do In August:

- Order from a print shop or banner company as many large main Holy Habit Challenge Banners that are needed for display near the main entrances to the school or formation center. Use the electronic files with this kit for printing.
- Order from a print shop or banner company as many of the month specific banners that are needed to be displayed where appropriate. There are nine (9) separate month-specific banners. Use the electronic files with this kit for printing.
- Order enough in-Mass cards to distribute to students and parents. There are eight (8) separate in-Mass cards, one for each month. Use the electronic files included with this kit for printing.

- Order enough Family Holy Habits cards to distribute to students and parents. There are eight (8) separate Family Holy Habit cards, one for each month. Use the electronic files included with this kit for printing.
- Order enough Teacher Quick Guide Cards for all catechists and day school teachers. There are nine (9) separate cards (there is a card for the month of May). Use the electronic files included with this kit for printing.
- If using this option, order enough of the Official Holy Habit Challenge Fridge Clips for your participating parish and school families.
- Review the Holy Habits materials with teachers and catechists so that they may plan to incorporate the Challenge into their lessons or classroom boards as they think it appropriate. Give them the entire set of Teacher Quick Guide cards in August for their planning.

To-Do the First or Second Weekend of Each Month:

- Change the small month-specific banner to the new month
- Update the board text boxes or graphics
- Distribute the specific in-Mass cards to students and parents
- Distribute the specific Family Holy Habits cards to students and parents

To-Do in March:

- Print enough of the Official Holy Habits Challenge Booklets to be given out to the students and families during the month of May.

Banners and General Materials

There are “Art Work” electronic files containing emojis and logos that can be used for printing banners and other Holy Habits Challenge materials.

If you are using the Holy Habits Challenge in a non-month specific manner, please produce and use the materials below as needed.

Holy Habits Posters/Banners

One or more large banners are created for the main entrance(s) of the worship space or formation building that contain the overall/general theme and logo of the Holy Habits Challenge with the following text and graphics:

THE HOLY HABITS CHALLENGE! Run the Race to Holiness

Basic Level: “Every athlete exercises discipline in every way.” 1 Cor 9:25

Intermediate Level: “I drive my body and train it.” 1 Cor 9:27

Advanced Level: “Run so as to win.” 1 Cor 9:24

The overall theme poster will remain in place for all the months of the challenge and preferably one month before and one month after as well (August and May).

Additionally, smaller posters or banners can be created that contain the specific monthly overall habit, with specific logo of the month, as well as the three levels of habits listed beneath it. This poster is changed each month. It can be, but does not have to be, placed near the overall theme poster.

Official Holy Habits Challenge Booklet

Given out in May at Mass or to students and parents. It is a collection of all the monthly In-Mass and Family Holy Habit Cards bound together in booklet form.

Official Holy Habit Challenge Fridge Clip

(Optional) Distributed at the Masses, or to students and parents in September at the start of the Challenge. It is meant to hold the various cards that are given out for the challenge.

Parish Bulletin Contents and Instructions

The Parish Bulletin reminders are organized below by the month. If you are using the Holy Habits Challenge in a non-month specific manner, please choose the reminders that fit with the topic that you are covering.

The text content of the In-Mass cards (below) is the same content that is used for weekly bulletin reminders in parish bulletins at the discretion of the bulletin editor based on available space.

The Holy Habits Challenge Logo should be used throughout all bulletin notices, and the monthly logo, unique to each habit, should be used each month.

Recommended use: Each month should include at least two bulletin text/graphics boxes on the Holy Habit of that month, mirroring the content of the Holy Habit Cards given out at Mass. Additional Sundays are recommended. Content from the card may be repeated in its entirety each month or divided up in to segments.

NOTE: the purpose is not necessarily to DUPLICATE the in-Mass cards entirely in the bulletin, but the content for both is the same.

A bulletin editor may also wish to use some of the content from the Teacher's Quick Guide cards, or from the Family Holy Habit Cards.

September: Labor for the Lord

The Terrain: Life takes effort! Ever since the sin of our first parents, humanity has confronted physical exhaustion, sweating for the work of our hands, illness, and our mortality. There is plenty of hardship to go around.

The Path Forward: Christ redeemed suffering from the smallest discomfort to the most severe pain. He redeemed labor so that every task, when undertaken with love, can be both a creative expression of us, as well as a sharing in the creative power of God. Labor can therefore be a pathway to Him.

- Basic Habit: Give each day to God with a morning offering prayer.
- Intermediate Habit: Give each new task and trip to God with a “Hail Mary.”
- Advanced Habit: Give each hardship to God praying: “I trust in you!”

Sample morning offering prayer:

“O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys, and sufferings of this day,
in union with the Holy Sacrifice of the Mass throughout the world.
I offer them for all the intentions of your Sacred Heart;
the salvation of souls, the reparation for sin, the reunion of all Christians;
I offer them for the intentions of our bishops and of all members of the Apostleship of Prayer,
and in particular for those recommended by the Holy Father this month.
Amen.”

Tip for success: Pray the offering prayer as soon as you wake up each day.

Fruits of victory: The guarantee of a serene heart when challenges come to us.

Extra stuff: Did you know you can find the monthly intentions of the Holy Father by visiting the website of the Pope’s Worldwide Prayer Network? www.popesprayerusa.net

October: **Make Meals Matter**

The Terrain: Do you finish meals without remembering what you ate? Are you eating on the run all the time? Are you getting bored with eating the same dishes? Are you spilling food on the screen of your smartphone?

The Path Forward: Christians view all meals as the fruit of God’s blessing, as a foretaste of the feast of Heaven, and as a time of fellowship with those who matter to us.

- Basic Habit: Pray a meal prayer before each meal.
- Intermediate Habit: Pray a thanksgiving prayer after each meal.
- Advanced Habit: Eat one meal each week with all “screens” put away or off: TV’s, laptops, phones, and tablets.

Sample before meal prayer:

“Bless us, O Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord, Amen.” (proceeded and followed with the sign of the cross).

Sample after meal prayer:

“We give thee thanks, Almighty God, for all thy benefits, who live and reign, for ever and ever. Amen. / May the Lord grant us His peace, and life everlasting. / May the souls of all the faithful departed through the mercy of God rest in peace, Amen.”

Tip for success: Keep the October Holy Habit card in the middle of your kitchen counter or table.

Fruits of victory: The peace of knowing that God continually provides for all of your needs.

Extra Stuff: Meal prayers are also great occasions for families to add extra intentions, praying aloud and by name for the needs of others.

November: Make Friends with Saints

The Terrain: Life can seem lonely. Maybe we think no one is paying attention, or that no one understands us. All of us need a cheerleader or a coach to urge us onward.

The Path Forward: “I believe in the Communion of Saints,” reads the Apostles’ Creed. This includes: Guardian Angels, saints known only to God, and Saints known by name who have special care of us as our patrons. They are our friends, advocates, intercessors, and cheerleaders who are ALWAYS there.

- Basic Habit: Regularly pray the “Angel of God” prayer.
- Intermediate Habit: Frequently invoke a patron saint for help.
- Advanced Habit: Pray the “Angelus” prayer daily (or 3x a day!).

Text of the “Angel of God” Prayer:

“Angel of God, my guardian dear, to whom His love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.”

Text of the “Angelus” Prayer:

“The Angel of the Lord declared unto Mary/ And she conceived of the Holy Spirit.”

(Pray one “Hail Mary”)

“Behold the Handmaid of the Lord/ Be it done unto me according to thy Word.”

(Pray one “Hail Mary”)

“And the Word was made flesh/ And dwelt among us.”

(Pray one “Hail Mary”)

“Pray for us, O Holy Mother of God/ That we may be made worthy of the promises of Christ.”

“Pour forth we beseech thee O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son was made known by the message of an Angel, may, by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ our Lord. Amen.”

Tips for success: Pray the “Angel of God” prayer at bedtime alone or as a family; set an alarm for noon to pray the Angelus prayer; research a Saint who shares your own name.

Fruits of Victory: Never feeling alone because you are surrounded by heavenly friends.

Extra Stuff: Customarily the “Angelus” is prayed daily at 6 a.m., noon, and 6 p.m., which is why church bells, clock towers, and civil sirens still sound at that time each day. These are good reminders today as well!

December: Manage Heavenly Riches

The Terrain: If we do not manage our appetites for money and for possessions, then they will manage us. We are often anxious about what will bring us security, and we are often sad when faced with the possibility of giving up a possession, or giving up more of our time. Anxiety and sadness lead to bitterness; bitterness leads to complaining. Who wants to be around people like that?

The Path Forward: “God loves a cheerful giver!” says Saint Paul (2 Cor. 9:7). Our heavenly Father provides for all that we need, making the rain fall on the just and the unjust (Mt. 5:45), meaning that we can be grateful for all of our blessings.

- Basic Habit: Practice consistent stewardship to your parish.
- Intermediate Habit: Make a monthly donation to some other Catholic charitable outreach besides your parish.
- Advanced Habit: Keep a “no-complaints jar:” give up complaining and toss money into a jar each time you slip up to give to the poor.

Tips for success: There is no percentage formula to calculate appropriate amounts of giving from our resources. Rather, we prayerfully give an amount that we know will be a sacrifice, and is appropriate to our station in life, and to our unique circumstances. Praying the “Suscipe” prayer is a great way to prepare our hearts to give:

Suscipe (“Receive, Lord”) Prayer of Saint Ignatius of Loyola:

“Take, O Lord, and receive my entire liberty, my memory, my understanding and my whole will. All that I am and all that I possess You have given me: I surrender it all to You to be disposed of according to Your will. Give me only Your love and Your grace; with these I will be rich enough, and will desire nothing more.”

Fruits of Victory: Freedom and joy! Why? God made us like Himself, and he is generous, which means we are happiest when we are generous in imitation of Him.

Extra Stuff: All Catholics are obliged to provide for the needs of the Church, according to the Catechism of the Catholic Church. Money is only one form that this may take.

January: Observe No-Frills Fridays

The Terrain: Do we control our stomach or does it control us? We reluctantly make sacrifices to limit our consumption of food, drink, and other material goods which means we easily get out of balance. We often forget the sacrifice that Christ made for us on the Cross, and our love for Him diminishes as a result.

The Path Forward: Imitation is the sincerest form of flattery, which is part of why for centuries Catholics have observed Fridays as days of sacrifice and penance in order to imitate Christ who sacrificed everything for us all. Fasting and abstaining from food and drink teaches the virtue of temperance, bringing healing and order to our untamed appetites.

- Basic Habit: Skip dessert or a second helping every Friday of the year.
- Intermediate Habit: Make regular periods of silence every Friday of the year.
- Advanced Habit: Eat no meat every Friday of the year (besides Lent).

Tips for success: Not a fan of fish? There are many other menu options besides eating fish in order to avoid eating meat on Fridays. If a sacrifice of food is not practical, remember that the goal is to make some sacrifice that involves the bodily senses and helps us avoid extravagance in our habits. Extravagance also includes buying expensive fish dinners.

Fruits of Victory: a deeper appreciation of the supreme sacrifice of Christ, and the freedom of self-control that only comes from the virtue of temperance.

Extra Stuff: All Catholics are obligated to observe days of penance throughout the year, according to the Catechism of the Catholic Church, which includes all Fridays of the year with few exceptions. In Lent, the common and unified means of doing penance on Fridays is abstaining from meat. For all other Fridays, some other means of doing penance rather than abstaining from meat may be chosen.

February: Simplify Sunday

The Terrain: Is life too full? Never eat with your spouse or children anymore? Are you always trying to pack more things into a day and a week? Exhausted? Are you feeling guilty if you are not busy? Are you getting to Mass only if Mass is not getting in the way of something else? Our calendars and to-do lists have taken control of us more than ever before.

The Path Forward: God only commands what is best for us, because He knows exactly what we need. This is why, centuries ago, God commanded that we take one day a week to worship Him and to rest from our labors. When we view that commandment as optional rather than required, we are quickly swallowed up by the pace of our activity, and our bonds of family begin to unravel. For the Christian, Sunday is a different sort of day; it is our needed “re-set” button on self and life.

- Basic Habit: Attend Mass every Sunday and Holy Day.
- Intermediate Habit: Eat one meal together as a family every Sunday.
- Advanced Habit: Limit shopping to necessities and emergencies only every Sunday.

Tips for Success: The key to this habit is learning the word “no.” These routines can seem impossible in our culture today, so start small and work upwards if necessary. Think carefully and prayerfully about limiting the extracurricular activities in your household so that Sunday can be your family day.

Fruits of Victory: Clarity of purpose and focus as we approach life with hearts settled on what we know matters most.

Extra Stuff: All Catholics are to attend Mass on Sundays and Holy Days of obligation and to rest from servile labor on those days, according to Canon Law and to the Catechism of the Catholic Church. We should rest from any works or activities that prevent us from making those days truly holy.

March: Make Amends

The Terrain: We frequently make choices that damage our relationships with God, others, and ourselves. Sin is an ever-present reality in our hearts and in our world. It robs us of joy, peace, and freedom. Left unresolved it festers and brings sadness and shame. We can all think of at least one relationship that we know we need to improve.

The Path Forward: God the Father of mercy, through the Death and Resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins, so that we can be reconciled to God, and so that we can be agents of reconciliation ourselves. His mercy is boundless, and ours must be as well if we are to know the fullness of freedom and joy as His sons and daughters.

- Basic Habit: Celebrate the Sacrament of Reconciliation/Confession in Advent or Lent.
- Intermediate Habit: Celebrate the Sacrament of Reconciliation/Confession monthly.
- Advanced Habit: Pray a daily examination of conscience.

Tip for Success: Do not be afraid to tell the priest, when going to confession, that you are nervous or have not been to confession for awhile. He will be happy to help!

Fruits of Victory: Growth in self-mastery over bad habits, the mending of broken relationships, the peace of knowing we are forgiven, the graces of the Sacrament.

Extra Stuff:

- On how to make an examination of conscience: www.usccb.org/prayer-and-worship/sacraments-and-sacramentals/penance/examinations-of-conscience.cfm
- All Catholics are obligated to confess their sins at least once a year, according to the Catechism of the Catholic Church.

April: Make Time for God

The Terrain: Every one of us has the same number of minutes in any given day, and we allocate our time based on what matters most to us. With so many people, places, and things in our lives today how do we decide how to spend our precious minutes? Is there a way that we can make sure we will always have enough time?

The Path Forward: God promises us that if we give Him the best minutes of our day, making quality time for Him, that we will always have enough time for everything else that is the most important in our lives. Prayer is the unfailing formula for successful time management.

- Basic Habit: Make 15 minutes daily to pray with the Sacred Scriptures.
- Intermediate Habit: Make 15 minutes daily to pray the Rosary.
- Advanced Habit: Make 15 minutes daily to visit the Blessed Sacrament.

Tips for Success: Be prepared to work hard to get this habit down because prayer takes effort for everyone. Setting consistent times each day to pray is helpful, as is creating a dedicated prayer space in your home. Do not be discouraged if it seems like you are getting nowhere; God uses difficulties in prayer to teach us how to pray!

Fruits of Victory: Knowing God, knowing self, knowing others with depth and clarity; bringing order and peace to each day as your trust in God's unfailing providence grows deeper and deeper.

Extra Stuff: There are many helpful books on the topic of how to pray. One highly recommended book is: *Prayer for Beginners* by Peter Kreeft (Ignatius Press, 2000). Sometimes the best way to pray before the Blessed Sacrament is just to sit and say nothing at all.

Pulpit Announcements and Pledge Wording by Month

The Pulpit Announcements and Pledges are organized below by the month. If you are using the Holy Habits Challenge in a non-month specific manner, please choose the announcements and pledges that fit with the topic that you are covering.

Pulpit announcement and pledge wording by month:

Recommended use: first or second weekend of every month, coinciding with the introduction of the new habit of the month. If a parish utilizes a regular, printed worship aid, the pledge can be added to the pulpit announcement the same weekend the habit is introduced allowing the congregation to pray the pledge aloud.

Pledge:

“I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness.”

September: Labor for the Lord

As our whole parish participates in the Holy Habits Challenge, we are introducing a new habit each month for all of us to learn and master. This month’s new habit is: **Labor for the Lord**. See the Holy Habits card being handed out at Mass for details on how to do this at a basic, intermediate, and advanced level by *offering our works and hardships to God*.

Together I invite us all to take up the challenge by repeating our Holy Habits pledge with me:

“I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness.”

October: **Make Meals Matter**

As our whole parish participates in the Holy Habits Challenge, we are introducing a new habit each month for all of us to learn and master. This month’s new habit is: **Make Meals Matter**. See the Holy Habits card being handed out at Mass for details on how to do this at a basic, intermediate, and advanced level by *focusing on what matters most while we eat*.

Together I invite us all to take up the challenge by repeating our Holy Habits pledge with me:

“I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness.”

November: **Make Friends with Saints**

As our whole parish participates in the Holy Habits Challenge, we are introducing a new habit each month for all of us to learn and master. This month’s new habit is: **Make Friends with Saints**. See the Holy Habits card being handed out at Mass for details on how to do this at a basic, intermediate, and advanced level by *placing ourselves under the protection of our heavenly helpers*.

Together I invite us all to take up the challenge by repeating our Holy Habits pledge with me:

“I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness.”

December: **Manage Heavenly Riches**

As our whole parish participates in the Holy Habits Challenge, we are introducing a new habit each month for all of us to learn and master. This month’s new habit is: **Manage Heavenly Riches**. See the Holy Habits card being handed out at Mass for details on how to do this at a basic, intermediate, and advanced level by *cultivating gratitude and good stewardship*.

Together I invite us all to take up the challenge by repeating our Holy Habits pledge with me:

“I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness.”

January: Observe No-Frills Fridays

As our whole parish participates in the Holy Habits Challenge, we are introducing a new habit each month for all of us to learn and master. This month’s new habit is: **Observe No-Frills Fridays**. See the Holy Habits card being handed out at Mass for details on how to do this at a basic, intermediate, and advanced level by *making simple sacrifices in honor of the Lord’s sacrifice for us*.

Together I invite us all to take up the challenge by repeating our Holy Habits pledge with me:

“I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness.”

February: Simplify Sundays

As our whole parish participates in the Holy Habits Challenge, we are introducing a new habit each month for all of us to learn and master. This month’s new habit is: **Simplify Sundays**. See the Holy Habits card being handed out at Mass for details on how to do this at a basic, intermediate, and advanced level by *dedicating our Sundays to faith and family*.

Together I invite us all to take up the challenge by repeating our Holy Habits pledge with me:

“I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness.”

March: Make Amends

As our whole parish participates in the Holy Habits Challenge, we are introducing a new habit each month for all of us to learn and master. This month's new habit is: **Make Amends**. See the Holy Habits card being handed out at Mass for details on how to do this at a basic, intermediate, and advanced level by *acknowledging our ongoing need for reconciliation with God and others*.

Together I invite us all to take up the challenge by repeating our Holy Habits pledge with me:

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."

April: Make Time for God

As our whole parish participates in the Holy Habits Challenge, we are introducing a new habit each month for all of us to learn and master. This month's new habit is: **Make Time for God**. See the Holy Habits card being handed out at Mass for details on how to do this at a basic, intermediate, and advanced level by *including prayer in our daily routine*.

Together I invite us all to take up the challenge by repeating our Holy Habits pledge with me:

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."

May: (for the Official Holy Habits Challenge Booklet)

The Holy Habit challenge is a lifelong race, but we have reached the end of our official introduction of new habits. So that none of us forget all the new habits we have been trying to master, please take an Official Holy Habits Challenge Booklet home with you after Mass today which includes a month by month collection of the resources from the race we have run together this past year.

Universal Prayers for Sunday Masses

The Universal Prayers for Sunday Masses are organized below by the month. If you are using the Holy Habits Challenge in a non-month specific manner, please choose the prayers that fit with the topic that you are covering.

Recommended use: at least three weekends a month, repeat if desired.

September: Labor for the Lord

- That all of us will seek to labor for the Lord by offering to him each morning our prayers, works, joys and sufferings, we pray to the Lord:
- That all of us will seek to labor for the Lord by offering to him each new project, task, and journey that we undertake, dedicating them to his care and to the care of his Blessed Mother, we pray to the Lord:
- That all of us will seek to labor for the Lord by offering him our trials and hardships, renewing our trust in his providence whenever we experience them, we pray to the Lord:

October: Make Meals Matter

- That all of us will make our meals sacred by pausing to thank God in prayer for all of his gifts as we sit down to eat, we pray to the Lord:
- That all of us will make our meals sacred by thanking God for all of his blessings, taking nothing for granted, each time that we conclude our meals together, we pray to the Lord:
- That all of us will make our meals meaningful by choosing to turn off our devices and focus on the faces of those around us as we share our meals together, we pray to the Lord:

November: Make Friends with Saints

- That all of us will deepen our devotion to our guardian angel, who is ever at our side to light, and guard, to rule and guide, we pray to the Lord:
- That all of us will make friends with the Saints and Angels, invoking their help and intercession each day, we pray to the Lord:
- That all of us will grow in wonder of the Word made flesh who dwells among us, calling this mystery to mind each day as we pray the Angelus prayer, we pray to the Lord:

December: Manage Heavenly Riches

- That all of us will manage our heavenly riches wisely by giving regularly of our time, talent, and treasure to support our parish ministries, we pray to the Lord:
- That all of us will manage our heavenly riches by generously supporting the charitable outreach efforts of the Catholic Church around the world, we pray to the Lord:
- That all of us will deepen our gratitude, and will reduce our complaining, always being mindful of our many blessings, and always remembering those who are less fortunate than us, we pray to the Lord:

January: Observe No-Frills Friday

- That all of us will grow in the virtue of temperance, seeking to control our appetites, and seeking to deepen our appreciation of the Lord's sacrifice on the Cross for us, we pray to the Lord:
- That all of us will make time for silence, especially on Fridays, in order to more effectively contemplate the Lord's death for us on the cross, and to offer him in return our true devotion, we pray to the Lord:

- That all of us will observe Fridays as a day of sacrifice, in gratitude for the sacrifice of Calvary that cancelled out all of our sins, we pray to the Lord:

February: Simplify Sundays

- That all of us will seek to simplify Sundays, keeping each Sunday as a day to worship the God who made us, to whom we belong as the sheep of his flock, we pray to the Lord:
- That all of us will simplify Sundays by making each Sunday a day of rest from labor, and a day of devotion to our family, we pray to the Lord:
- That all of us will simplify Sundays by choosing to shop only for necessities, so that others may be able to rest from their labors, we pray to the Lord:

March: Make Amends

- That all of us make amends for our sins by celebrating the Sacrament of Reconciliation during this Lenten Season, we pray to the Lord:
- That all of us make amends by confessing our sins regularly, seeking the abundant graces of God who is the Father of Mercy, we pray to the Lord:
- That all of us make amends by examining our consciences each night, asking pardon for sins, and also giving thanks to God for his countless blessings, we pray to the Lord:

April: Make Time for God

- That we may all make time for God each day, especially by praying with the Sacred Scriptures, we pray to the Lord:

- That we may all make time for God each day, especially by meditating on the mysteries of the life, death, and resurrection of Jesus in the devotion of the holy Rosary, we pray to the Lord:

- That we may all make time for God each day, especially by pausing at church to make a visit to the Blessed Sacrament, quietly resting in the presence of the Eucharistic Lord, we pray to the Lord: