



Maxims for Joyful, Luminous & Missionary Families

As we face an increasingly secular and fragmented society, we see the need to forge and deepen bonds among Catholic families that are seeking to live out their faith in fullness.

Here are some maxims that hopefully help you:

1) grow in holiness as a couple, **2)** raise their children in the catholic faith, and help you **3)** be salt and light in the world.

ONE

Develop a spiritual plan of family prayer. Strive to put Christ at the center of your family life by developing some practices of prayer that you do together: meditate with the Sunday Gospel, blessing of the meal, weekly or daily rosary, night prayer. Pray for and with your family members.

TWO

To foster transparency and accountability do a monthly family chapter. During that meeting, you ask forgiveness, exercise fraternal correction and commend one another.

THREE

Practice the virtue of hospitality: Practice hospitality by welcoming other families at your home. As with a healthy family, a household should not be close in itself, but should provide a launching pad for greater fruitfulness.

FOUR

Consecrate your home and family life to the Sacred Heart of Jesus: Put an icon of the Sacred Heart in your home and renew that consecration on the feast of the sacred heart in June.

FIVE

Keep the order and cleanliness of the house: The invisible is reflected in the visible: the household should express that this is a home where Christ lives.

SIX

Celebrate the Lord's Day by going to Mass: Preparing the Holy Mass in a special way, with the shared morning meditation of the readings; and encouraging all that which helps to live the Eucharist actively and fruitfully. We encourage the Christian experience of the Lord's Day, making of it a day devoted to prayer, family and charity.

SEVEN

Celebrate the liturgical year. Our spiritual life should be marked by the liturgical seasons. These seasons contain an immense richness and tend to adjust themselves providentially to the needs of each person. The liturgical journey, with its annual cycle, permits the integration of the Christian mysteries into each person's rhythm of life and unites us spiritually to the entire Church.

EIGHT

Experience of the works of mercy. Develop a sensitivity to and particular interest for the poor. This concern will be seen, in the first place, in his or her treatment of the poorest that surround him or her, and also in the collaboration with some work of service to the community, whether it be that of explicitly evangelizing or of social action. We call this work the "plus" of a noble cause.

NINE

Go on a monthly date with your spouse.