

Observing the Lord's Day

1. Set aside a specific time and space for prayer; doing so helps us to mark those moments and spaces as sacred.
2. Set aside times for family conversation, perhaps at a Sunday meal.
3. Make time to call friends and relatives and check in.
4. Connect with your parish, either virtually or in person, at Sunday Mass.
5. Set aside time for quiet meditation;
6. Pray before meals.
7. Make time for the spiritual and corporal works of mercy.
8. Read and reflect over the Scripture readings for Sunday Mass.
9. Reach out to others, parishioners, family, friends, especially the vulnerable.
10. Offer thanks and praise to God for the grace of these divine encounters in prayer.
11. Pray for our brothers and sisters who are oppressed in any way throughout the world, especially victims of racism.
12. Commit ourselves to the mission which God sets before us: in our family, workplace, neighborhood, community.

