

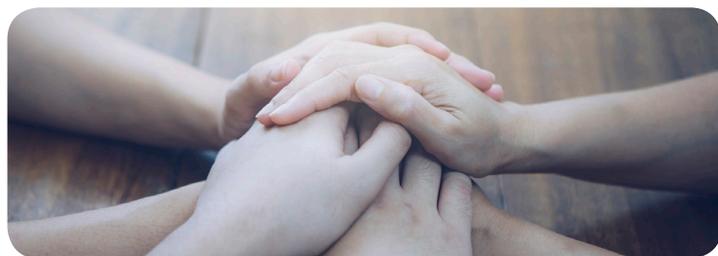
THE DOMESTIC CHURCH

*Adapted from the USCCB recommendations:
“TOOLS FOR BUILDING A DOMESTIC CHURCH”*

ACCORDING TO THE SECOND VATICAN COUNCIL'S DOGMATIC CONSTITUTION ON THE CHURCH: “THE FAMILY, IS SO TO SPEAK, THE DOMESTIC CHURCH.”

(Lumen Gentium #11) This means that it is in the context of the family that we first learn who God is and to prayerfully seek His will for us. In the following bullet points you will find some suggestions on how to build your “domestic church” through a life of prayer that can help all the members of your family.

- **Begin praying as a family and reading from Scripture daily**, certainly before meals, but also first thing in the morning or before bed. Find a time that works for your family. Use the liturgy of the Church as a model for prayer, and try to include heartfelt unstructured prayer as well. Unsure of how to begin? The Church has some beautiful [traditional Catholic prayers](#).
- **Have at least one family meal together around the table each day** and use that opportunity to have prayer and discussion with family members. Many teens disappear to their bedrooms with phones, computers, and video games. But they are often dealing with fear and anxiety parents may not be aware of. It is important to allow time for conversation.
- **Pray a Family Rosary** (each member leads a decade, and everyone shares intentions).
- **Have a crucifix in a prominent place in the home**, and in every bedroom.
- **Have the whole family participate in televised or online Mass** and make a spiritual Communion together.
- **Use some Children's and Teen's Liturgical Resources** from [Catholic Kids Media](#), [St. Mary's Press](#), [Loyola Press](#), [Pflaum](#) or [Life Teen](#) to help kids connect with the Sunday Readings.
- **Begin family traditions** based on the seasons of Lent and Easter.
- **Teach stewardship and charity to your children**, through word and example. Come up with ways your family can serve those in need during this crisis.
- **Demonstrate love for your spouse, your children, your neighbors, and the world**. Remind your children that they are loved by God and have been given gifts to serve others.
- **Talk freely about the presence of God** in the joys and sorrows of your life.





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- **Allow your children to witness you in private prayer.** Encourage your children to pray daily on their own, to listen for God's call, and if heard, to respond.
- **Utilize online resources** to continue to teach your children about the faith:
 - **"10 Tips for Teaching Religion at Home"**
 - **Catholic Brain** - has puzzles, games, and activities. They are offering FREE access to their monthly plan through Divine Mercy Sunday. Just enter code: **divinemeracy20**
 - **Loyola Press** - resources for families to teach and practice the Catholic faith at home.
 - **St. Mary's Press** - resources for elementary grades
 - **St. Mary's Press** - resources for middle school and high school
 - **RCLBenziger** - is offering 60 days free access to their catechetical materials online. Contact our area sales rep, George Barrett directly and ask for the free access: (763) 498-3971 or barrett@rclbenziger.com.
 - **Pastoral Center** - is offering a variety of free resources.
 - **CatholicMom.com** - free downloadable resources for kids and families

FOR MORE IDEAS

on how to build your home as a Domestic Church, go to:

www.kofc.org/un/en/domestic-church/index.html (from Knights of Columbus)

RESOURCES

for building a strong Catholic family of faith:

www.catholicfamilyfaith.org

DO YOU HAVE QUESTIONS ABOUT THE CATHOLIC FAITH?

www.catholic.com offers answers.

