

# EVERYDAY SACRED MOMENTS

Did you ever consider that your family is a mini-church? It is! The official name is the "domestic church." Does that mean you need to hold prayer services? That might be a nice idea but "domestic church" points to the reality that the most sacred moments are played out daily in our families: birth, death, love, belonging, forgiveness, hope, compassion, appreciation, sacrifice, healing, faith...

Consider some of the activities below. When done in His name and with His Spirit, everything we do in our family becomes a sacred moment. And it teaches our children about God.

Spending time together  
Nurturing, affirming  
Singing, playing Carrying,  
cuddling Helping with  
homework Reading to our  
children  
Telling stories about ourselves  
Telling stories about when our children were young  
Giving band-aids, healing hurts  
Offering a shoulder to cry on, a hand to hold  
Listening  
Tucking our children in bed at night  
Teaching  
Saying we're sorry  
Honoring promises  
Remembering, reminiscing  
Visiting friends and extended family  
Taking turns  
Being honest  
Saying thank you  
Laughing, crying, caring  
Getting up in the night for our children  
Being patient  
Celebrating

# FAMILY SPIRITUALITY

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## Making the Connections

### Questions for Sharing:

- What meaning did this prayer ritual have for me personally and in my ministry efforts?
  
- What did I notice?
  
- How might this ritual be used in parish ministry?
  
- How are the other sacraments connected with family?

# PROCESS OF CHANGE

**Recall a significant change that you have experienced recently, either at home, at work or in ministry. Describe what happened.**

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**Who are the people who were impacted by the change?**

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**What was your experience of the change? What did you do? How did you feel?**

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**As you recall the other people involved in the situation, what do you remember about their responses?**

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**Did you or anyone else resent the change? If yes, describe what happened.**

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**How were people not directly impacted by the change involved in the process?**

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**What would have made the change easier for you? For others involved?**

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