



Essential Evangelization

Family Reflections

In a recent article in US Catholic, Catherine O'Connell-Cahill, gives us some good ways to hand down the faith to our children. First and foremost we are the primary faith educators of our children. By our life and example, our children will know if we are striving to follow Christ. Some good and unique ways we can demonstrate our faith and be better family evangelizers are:

- Praying out loud at home with our children and for our families.
- Making it a priority to go to Sunday Mass each week, even on vacation.
- Having a significant change of lifestyle or service in Lent and/or Advent.
- Displaying signs and symbols and using sacramentals in our homes so that our children and friends will see and know that we are Catholic.
- Using current family situations, news and events as “teachable moments” to tell our children about the importance of taking moral stands on issues such as war, abortion, euthanasia, promiscuity, telling the truth, loving our neighbor, helping the poor and needy, etc.
- Limiting individual time on the computer, playing video games or listening to I-Pods in favor of more interactive family games, activities or discussions, or by simply taking a walk with your son or daughter.
- Making a regular family dinner time if not during the week, a Sunday ritual, and always including a prayer of thanksgiving before meals.
- Establishing family or cultural traditions that include aspects of our faith.
- Being a good example by the friends we keep, the music we listen to, the television shows we watch, and by how we spend our “free” time.
- Getting more involved in our parish ministries and our community.

On this Most Holy Corpus Christi Sunday - is your family a reflection of the Body of Christ?

*This is one of a series of articles on
Evangelization from the
Evangelization Committee*