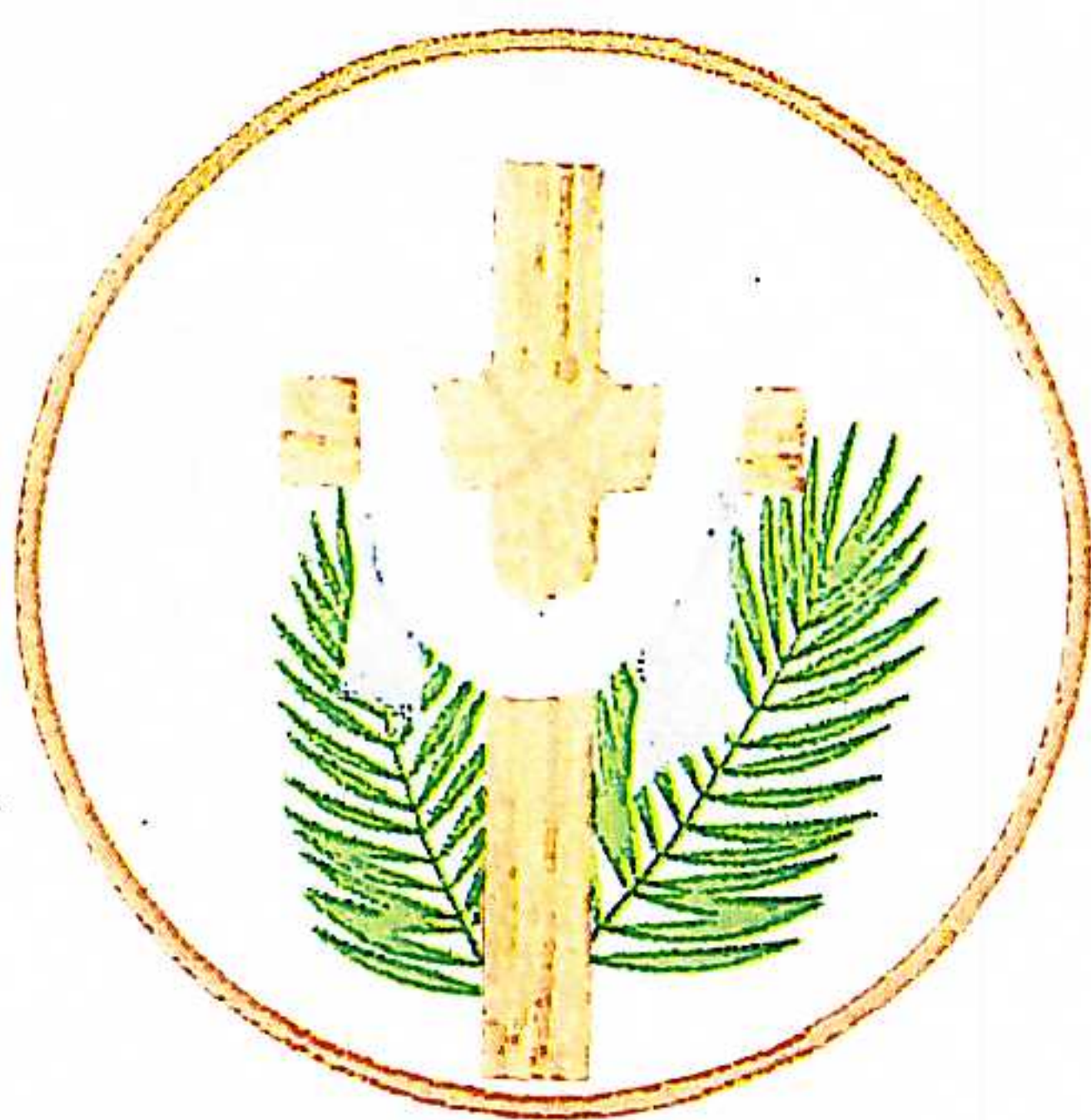


OLH



Incorporating Faith & Prayer Into Our Daily Life

As a school community, let's embrace simple yet meaningful ways to integrate our Catholic faith into our daily routines. Here are some ideas for families to incorporate prayer and faith into everyday life.

MORNING PRAYER

Say a "Good Morning, God" prayer together before heading out the door, driving to school, or waiting for the bus

Pray for protection and blessings throughout the day



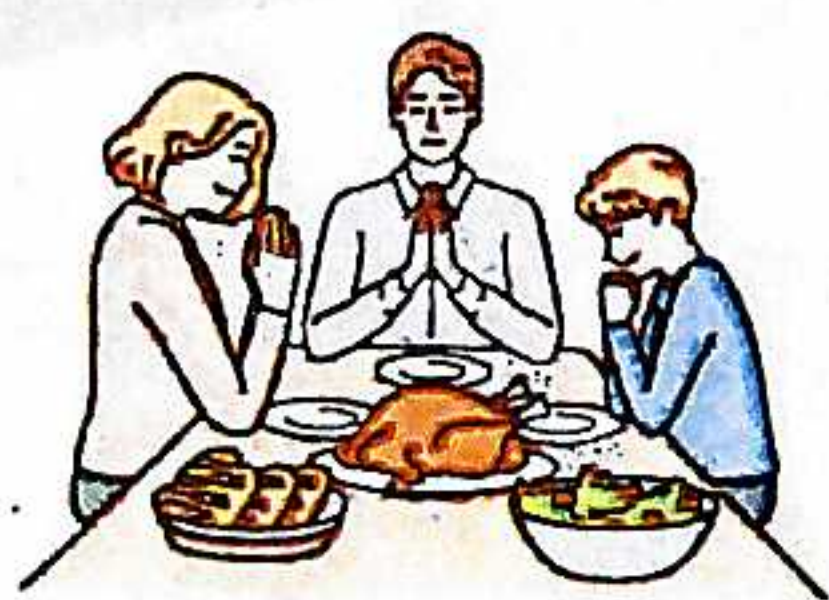
EVENING RITUALS

Pray together before bed

Reflect on the day by sharing one thing you're grateful for

Pray for others such as family members, friends, the sick, those who are struggling

Meal Time



Say grace before dinner begins

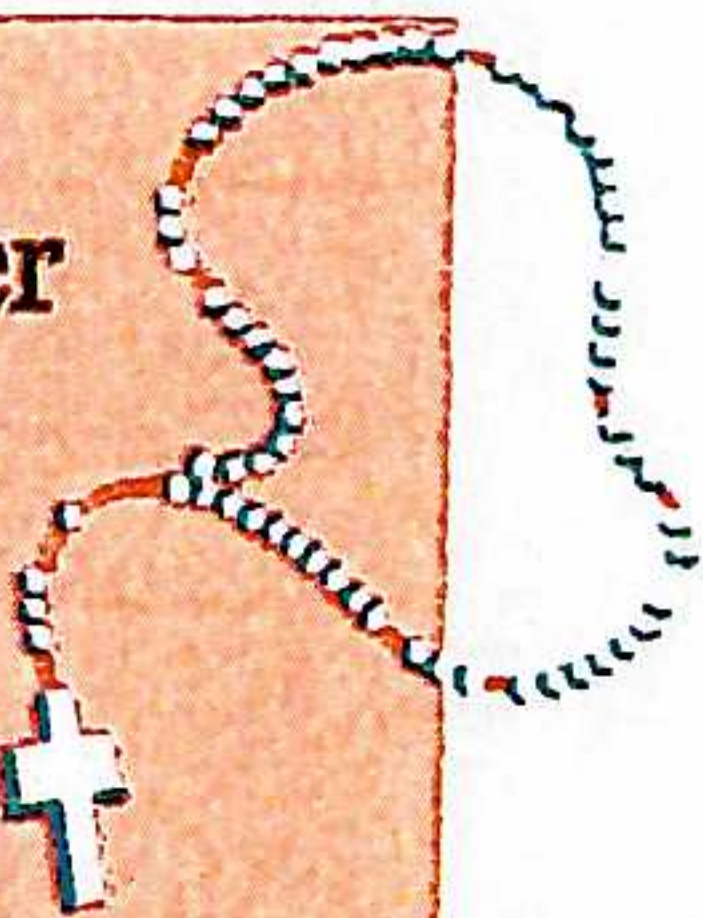
Take turns with family members saying a prayer of thanksgiving

FAMILY DEVOTIONS

Attend Weekend Mass together as a family

Say the Rosary as a family once a week

Offer small sacrifices for others, skipping a treat for a day and donating money saved to a charitable cause



PARISH & COMMUNITY SERVICE



Get active in your parish and seek out opportunities to be an altar server, usher, reader or join the choir

Organize a family service project such as volunteering at a church food pantry, collecting donations for St. Vincent de Paul or other charities

let's grow in faith *together*