



Sunday is A DAY OF FAMILY

From Sacred Scripture

Mark 3:33-35

But he said to them in reply, "Who are my mother and [my] brothers?" And looking around at those seated in the circle he said, "Here are my mother and my brothers. [For] whoever does the will of God is my brother and sister and mother."

From the Mass, Source and Summit of Life

The Lord's Prayer is our acknowledgment of God as "Our Father," and through it, we who are God's adopted children, God's family join our voices to ask God to provide for our needs, forgive us our sins, and bring us to the joy of his kingdom.

"Listen graciously to the prayers of this family, whom you have summoned before you: in your compassion, O merciful Father, gather to yourself all your children scattered throughout the world" (Eucharistic Prayer III).

From the Riches of Our Faith

We, the baptized, are God's adopted sons and daughters. We seek to understand what it means for us to be brothers and sisters in Christ, a family of believers in the Church.

We also realize the importance of the domestic Church – praying together as a family, attending Mass together, and being together as a family unit on the Lord's Day.

"The demands of work can't bully people out of needed time off" and "Sunday must be a day of rest for everyone, so people can be free to be with their families and with God." Furthermore, "By defending Sunday, one defends human freedom," said Pope Emeritus Benedict (Catholic News Service June 6, 2012).

"This is the day which the LORD has made; let us rejoice and be glad in it" (Psalm 118:24) and our Sunday rest allows us time and space to enter into a period of family recreation and refreshment, limited not only to our nuclear families at home, but also in a spirit of charity and unity with the parish family, and, ultimately, with the whole Church, visible in common fraternity and worship of Almighty God.

Live it!

- Set aside time to be with family on Sundays, share a meal as a household, and engage in recreation together. Is there a family member you haven't connected with for a while? Take the time to call, text, email, or contact the person in some way.
- Think of a strength or gift that each family member possesses and give thanks to God for that person.
- Take time during the week to read and reflect on the readings for the upcoming Sunday and discuss as a family.

Sacred Scripture throughout the Week

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| 1. Deuteronomy 5:16 | Honor your father and mother. |
| 2. Isaiah 66:13 | As a mother comforts her child God will comfort you. |
| 3. Matthew 2:13-15 | Saint Joseph takes Jesus and Mary to Egypt. |
| 4. Luke 2:22-38 | Jesus is presented in the temple. |
| 5. Luke 18:16-17 | Jesus says let the children come to him. |
| 6. Colossians 3:12-14 | As God's chosen ones put on love above all else. |

Remember, Sunday is a Day of Family.