

## Keeping Sunday Holy in our Domestic Church (Our Home)



*The Holy Family at Home*  
Annunciation Parish

If you are living on your own, please remember that your prayers are joined with the Body of Christ, in heaven and on earth — we are all the Church.

If you are home with family, please keep Sunday holy together. This is a unique opportunity to nourish the life of your domestic church (your family).

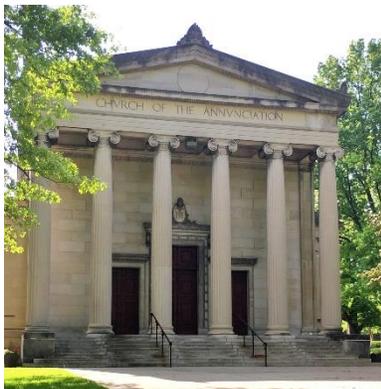
*"The Christian home is the place where children receive the first proclamation of the faith. For this reason the family home is rightly called "the domestic church," a community of grace and prayer, a school of human virtues and of Christian charity."  
(Catechism of the Catholic Church #1666)*

- ❖ **Create a space for prayer**, if you do not already have one in your home. This could be a corner, a table, a wall, perhaps even a room. Be creative! Your space could include a Bible, an icon, a holy card, a crucifix, a [candle](#), a plant or fresh flowers... If there are children in your home, help them create some sacred images to place in your prayer space.
- ❖ **Sit down for a special Sunday meal**. Set the table with a white tablecloth and light a candle, both recalling our baptism. Put phones and electronic devices away at meal time. Begin with meal prayer, and as part of this prayer, read the [Sunday's Gospel](#). Reflect upon this Gospel during mealtime, and talk about how Jesus is speaking to you through this Gospel.
- ❖ **Pray the [Rosary](#)**. You could use our resource, [An Annunciation Parish Rosary](#), if you want to use art in our parish church as part of your devotion.
- ❖ **Take a nature walk**. Alone, or with your family, take a walk, weather permitting. Focus on the beauty of God's creation, and thank God for all these gifts – trees, grass, flowers, sky, sun, moon, stars, birds, animals...
- ❖ **Reach out to others**. Write a letter (you could use the template on the next page) or make a phone call to someone who is isolated during this pandemic...those in nursing homes, elderly neighbors/parishioners, those who live alone and are without family connections at this time.
- ❖ **Pray Night Prayer ([Compline](#))**. GIA has also made available, for free during this pandemic, a special "[Nighttime Prayer with Children in Times of Uncertainty](#)."



During this time of the Covid-19 Pandemic, please know that all of us at Annunciation Catholic Parish & School are praying for you and for all of our global family.

Mary, Help of Christians, Pray for Us!



Annunciation Parish  
3547 Clifton Avenue  
Cincinnati, Ohio 45220  
513.861.1295

[www.annunciationbvmparish.org](http://www.annunciationbvmparish.org)  
[www.facebook.com/annunciationbvmparish](https://www.facebook.com/annunciationbvmparish)