

# RECLAIMING Sundays



RECOVER SUNDAY AS A DAY FOR THE LORD AND FAMILY

## SEPTEMBER *Prayer*

September's theme is a foundational pillar in the 12-month campaign. Prayer is the cornerstone for all "Reclaiming Sundays" efforts and will be carried throughout all the months. The recommended resource for parishes to assist parents in building habits of prayer is the **Hallow App**.

### SAMPLE ACTIVITIES FOR SEPTEMBER:

- Attend Mass every Sunday this month.
- Prepare your family for Mass by reading the Gospel in advance. Consider laying out clothes, find everyone's shoes, and do anything else that will make the morning peaceful and efficient.
- Pray before meals as a family and individually.
- Institute Lord's Day evening prayer on either Saturday or Sunday and ask for everyone in the family to offer prayer intentions.
- Visit an adoration chapel for 15 minutes, 30 minutes, or more as a family.

**// Resource for going to adoration: [www.youtube.com/watch?v=irLkwdkeotw](https://www.youtube.com/watch?v=irLkwdkeotw)**





## RECLAIMING SUNDAYS

*Sunday is a day which is at the very heart of the Christian life. Let us open our time to Christ, that he may cast light upon it and give it direction. He is the One who knows the secret of time and the secret of eternity, and he gives us "his day" as an ever-new gift of his love. The rediscovery of this day is a grace which we must implore, not only so that we may live the demands of faith to the full, but also so that we may respond concretely to the deepest human yearnings. Time given to Christ is never time lost, but is rather time gained, so our relationships and indeed our whole life may become more profoundly human.*

(Pope St. John Paul II, Dies Domini, 7)

Each parish of the Archdiocese of Saint Paul and Minneapolis is being asked to help families “reclaim” Sundays as a day for the Lord and family. To assist in this vital effort, parishes are highly encouraged to adopt a monthly theme focusing on an aspect of living out the awesome gift of Sunday to its fullest and to invite families to take concrete steps – *large or small* – to develop virtuous habits that produce the good fruit that comes from living fully the Lord’s Day. **September’s theme “Prayer” is a foundational pillar in this 12-month campaign and the cornerstone for all “Reclaiming Sundays” efforts and will be stressed monthly.** Keep watch for future inserts on the 1<sup>st</sup> Sunday of every month.

## Reclaiming Sundays Resources

- Do you know you can access weekend and weekday Mass times throughout the world at [www.Masstimes.org](http://www.Masstimes.org)? Thus, you can attend Sunday Mass anywhere in the world!
- Prepare your family for Mass by picking up a free copy of *The Word Among Us* found on the resource table in the Gathering Space. Read the scripture readings ahead of time and contemplate what they are saying to you.
- Sunday evenings at 7 PM (Link Opens @ 6:45PM), join Fr. Eilen and fellow parishioners to pray the **Sunday Online Rosary** together. Our Lady of the Rosary – Pray for us!
- Adoration of the Blessed Sacrament (Christ’s Real Presence) is available for parishioners to visit Jesus every Wednesday in the Notre Dame Chapel after the 8:00 AM Mass until 8:00 PM. **Note:** In the event of a funeral, Adoration will be moved to the Blessed Sacrament Chapel. The 24-hour Blessed Sacrament Chapel is also available for Adoration throughout the week for parishioners. Please contact the parish office during office hours (651-429-7771) for the door code. You will be asked to provide your name.
- Curious about how to Adore Jesus in the Blessed Sacrament, otherwise known as Eucharistic Adoration? Check out these short videos on YouTube:

**Kids Holy Hour and Adoration for Children** and **What Do We Do in Adoration?**

