



“RECLAIMING SUNDAYS”

October’s theme for “Reclaiming Sunday as the Lord’s Day” is “**REST, RECREATION, and PRAYER**,” our second monthly focus in this year-long campaign. If you happened to miss the first month’s handout (September), it is available at the Welcome Desk or on our website.

REST – Sunday is a day to intentionally step back from work and busyness, allowing time to be refreshed in body-mind-spirit. Actually choosing to rest can feel countercultural. But in setting aside our worldly striving, we proclaim a more profound truth: God is in control. **RESTING** on Sunday is an act of trust that our lives, work, and future are secure in His hands.

Hallow, a Catholic prayer app, is a great resource for our Reclaiming Sundays initiative. *Hallow* has curated a collection of prayers, meditations, and sessions for every thematic month in the “Reclaiming Sundays Guide.” Download the *Hallow App* at: hallow.com 

RECREATION – Another way to celebrate Sunday is through the recreation that uplifts, rather than drains us. Recreation – literally “Re-creation” – gives us space to laugh, play, and experience the transcendent joy we were created for. Whether it’s playing a game with children, gardening, painting, or enjoying wholesome sports, recreation refreshes the body-mind-spirit. When offered in gratitude to the Creator, our recreation becomes a form of prayer – acknowledgment that God delights in our joy and the healthy use of His gifts to us.

The Family Passport is another way to track activities to draw the whole family closer to God. You can find ideas for *The Family Passport* on our parish website under Faith Formation.

PRAY – Sunday is set apart to draw us closer to God through worship-reflection-gratitude.

Did you know that October is the month of the Most Holy Rosary? The Church invites us to pray the Rosary both individually and as a family to help us grow closer to Jesus through Mary. NB: October 7th is the Feast of Our Lady of the Rosary.

Fr. Eilen leads us in an online Rosary on Sunday evenings. This is a simple and powerful way to come together – *The Family That Prays Together Stays Together* – right from the comfort of your home, whether by computer or phone. Place your device on “speaker” so the whole family can pray together. There is no need to be on camera or to speak. The Rosary Mysteries are accompanied by a PowerPoint and lasts < 30 minutes.



Rosary begins at 7:00 PM – link opens at 6:45 PM and can be accessed from the homepage of our parish website (www.stmarys-wbl.org). **Our Lady of the Rosary – Pray for us!**

OCTOBER

Rest, Recreation and Prayer

“On the seventh day God completed the work he had been doing; he rested on the seventh day from all the work he had undertaken.” *Genesis 2:2*

We are called to rest on Sunday as the Lord rested. It isn't an idleness or simply a time for entertainment but rather a restorative experience of reveling in the fullness of what has been and gratitude for God's providence — a time to take delight in the gift of life.

SAMPLE ACTIVITIES FOR OCTOBER:

- Refrain from house projects and tasks centered around productivity.
- Choose activities focused on recreation, leisure, and rest (such as reading a book, listening to music, doing a crossword puzzle, going for a long walk, playing a game, or playing outdoors together).
- Build community by inviting another family over or by visiting a friend or relative.
- Kids love traditions and they are great for building family identity. Create a Sunday tradition such as brunch after Mass or flowers and candles with dinner. Or, on the flip side, adopt a quiet, simple dinner. In the month dedicated to the Holy Rosary, a Sunday family rosary could be in your living room, but also could be prayed on a walk, around a campfire, or in the car on the way back from visiting that relative.
- Recommended resource to assist in building habits of prayer is the Hallow App.

