



APRIL *Breaking Bread and Prayer*

“But because of its special solemnity and the obligatory presence of the community, and because it is celebrated “on the day when Christ conquered death and gave us a share in his immortal life,” the Sunday Eucharist expresses with greater emphasis its inherent ecclesial dimension. It becomes the paradigm for other Eucharistic celebrations. Each community, gathering all its members for the “breaking of the bread,” becomes the place where the mystery of the Church is concretely made present.”

Dies Domini 34

Just as we gather around the banquet feast at the Eucharist, our families can model this communal breaking of the bread in our own homes through celebrating the day with a special meal and extended time at the table.

SAMPLE ACTIVITIES FOR APRIL:

- Create a special meal and share time at the table together.
- Early in the month, spend some time one Sunday to make family plans for the Triduum and Easter. There are so many traditions that go with these days! Adopt a new one.
- Find ways to incorporate Alleluias into your family’s prayer: (Sing it, pray it, decorate your prayer space with it, greet each other with it ...)
- Plan ways your family can intentionally celebrate the season of Easter for all 50 days.(especially appropriate on Sundays)
- Learn the *Regina Caeli* prayer
- Recommended resource to assist in building habits of prayer is the Hallow App.





From the Lord's Table to the Family Table: Rediscovering Sunday at the Speed of Joy

In today's fast-paced world, Sunday has gradually become just another day filled with errands, activities, and unfinished work. What was once set apart for worship, rest, and renewal is often lost in the noise and busyness of modern life. Yet Sunday is always meant to be different. It is a sacred invitation to pause, to reconnect, and to remember and renew what matters most.

At the heart of Sunday is the Eucharistic sacrifice and celebration of the Mass. When we gather at the Lord's table, we encounter Christ in a real and personal way. The Eucharist is the "source and summit" of our Catholic faith – the place where we are nourished, strengthened, and reminded of our identity as beloved children of God. It centers the entire day. Without it, Sunday can easily lose its profound meaning; with it, everything else falls into place.

From the Lord's table, we are invited to gather at our own family tables. Sharing a meal with family is a simple but powerful extension of what we experience at Mass. In a culture full of distractions, the family dinner table becomes a place of presence and connection. It is where stories are shared, relationships are deepened, and gratitude can take root.

The family meal does not need to be elaborate. What matters is intentionality. Turning off devices, being together, and taking time to listen to one another transforms an ordinary meal into something meaningful. For the family table is meant to reflect the unity we experience at the altar – a place where love is lived out in intentional, everyday moments.

Matthew Kelly, in *Slowing Down to the Speed of Joy*, reminds us that our lives often move faster than our souls can keep up. We rush from one thing to the next, missing the very solemn and sacred moments that bring us meaning, purpose, and joy. Sunday truly beckons us to slow down.

Kelly emphasizes that joy is found not in doing more, but in being present. When we slow down, we begin to notice God at work in our lives and better appreciate the people around us. Sunday invites us to step away from constant busyness and rediscover this deeper ritual and rhythm to life.

In a culture measuring worth by productivity, Sunday teaches a basic truth: our value comes not from what we accomplish, but from who we are. Rest is not wasted time; it is essential for renewal. When we allow ourselves to rest, we return to our responsibilities with greater clarity and purpose.

Sunday is God's gift to us – *a weekly opportunity to gather at the Lord's table, to gather at our family tables, and to rediscover the joy that comes from slowing down* – what we do with it is our gift in return to God and one another. When we reclaim Sunday, we begin to reclaim our lives: why am I here? Where am I going? How do I get there? Easter Peace to you in our risen Lord!

Pick-up and read your copy of ["Slowing Down to the Speed of Joy"](#) in the Gathering Space.