

Household Spiritual Exercises

By Bill Huebsch

1. Set goals and be realistic:

- Shared meals
- Talking about the day
- Welcoming people as guests
- Observing life transitions

2. Give and receive daily love.

- Use each other's names
- Leave love notes for each other
- Know what each other has going on
- Don't live alone together

3. Let the hurting & poor lead you.

- Our money is our greatest problem
- Find a way to serve *someone* -- as a household
- Don't focus only on yourselves
- Ask: "How did meeting this person in need affect our lives?"

4. Acknowledge hardship & struggle.

- No home is perfect
- Sometimes there is pain, illness, & loss
- Or even fear, betrayal & violence
- Get help when you need it

5. Create a parish-connected home

- Holy Water, a Cross
- Prayer spaces
- Sacred Music
- Active parish life connected to home life

6. Follow the Liturgical Seasons

- Advent leading up to Christmas
- Mid Winter
- Lent leading up to Easter
- Don't forget Easter leading to Pentecost

7. See everyday activities as holy

- Recycling your garbage
- Going for a walk as a household
- Giving each other little gifts
- Asking each other about the day
- Affirming each others' good parts