

# Theme: Passing on Traditions of Faith

## Threads That Tie Generations

Devotions are the stitches in the quilt of faith. Mealtime grace weaves prayer into daily life. Ash Wednesday marks us with ashes — a visible sign of God, our mortality, and our life’s purpose. The rosary is a meditation as well as storytelling — connecting people to the mysteries and stories of our faith. These everyday devotions are more than rituals — they carry the faith of generations to the next.

**Matthew knew no one ate before grace** at home or at grandma’s. He thought it was just a rule handed down through generations — until a big family event. To Matthew’s surprise, at dinnertime everyone gathered and prayed together — the same words his parents and grandparents had prayed for years! That day, another stitch was sewn into Matthew’s faith quilt.

## Traditions to Share

- **Mealtime grace:** Teach them a short prayer of thanks.
- **Liturgical seasons:** Light candles in Advent, mark the Cross on Ash Wednesday.
- **Special days:** Celebrate baptism anniversaries or patron saints’ feast days.
- **Small rituals:** End phone calls with “God bless you.”

Each prayer and ritual is a stitch in your family’s quilt of faith.

## Seed of the Month

### One Tradition Together

Share one small tradition this month — start a holy card collection, celebrate their saint or baptismal day, or give a rosary with a picture guide. Each little action is a stitch in their quilt of faith, passing faith forward and connecting them to generations who prayed before them.

## Blessing for This Month

*Heavenly Father, I thank You and pray for those who have gone before me and added stitches to my quilt of faith. Guide me as I now add stitches to the quilts of others — through daily prayer and living the faith thereby growing their faith and love for You. Amen.*

**Looking Ahead:** Next month we’ll add another stitch as we explore *Hope in Hard Times*—how grandparents can model trust in God during life’s struggles