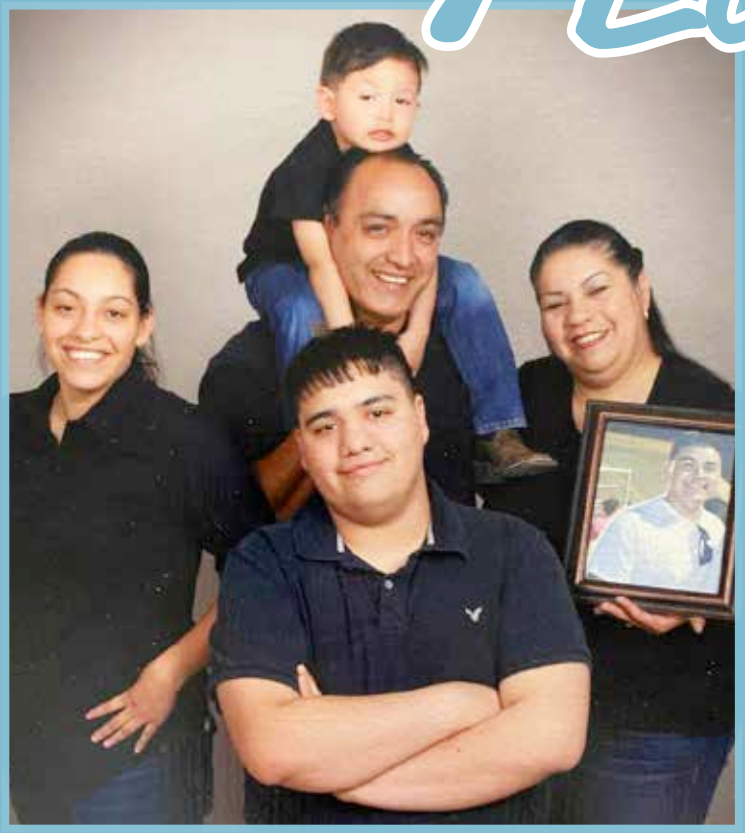


Living Liturgically



What does Living Liturgically mean to you?

Liturgical living to our family means to have our home Christ-centered every day of the year. Prayer before meals, speaking amongst our family of the graces God has given us, and always celebrating the seasons of the Church. Loving and supporting each other and building the domestic church that we as a family must grow.

How did you start Liturgical Living with your family?

As a family, we began living liturgically one Advent season. We started by buying a wreath for the season, and after that we have kept living in the seasons. It helps that we make it to the vigil Mass every Saturday. That keeps us Christ-centered, and going to regular confessions keeps us from deviating from the God's plan of salvation for us. We have an image of the Sacred Heart of Jesus as we enter our home to remind us that Jesus is King and that he is there for us at all times. Mass is a priority to our family, if on vacation or just out of town to make a pro football or pro baseball game. We always find time before going to a game or make it back on time to Immaculate Conception Church in Rio Grande City.

What feast day celebrations are big within your family? How do you celebrate?

It's not how we celebrate, but I would have to say that our favorite feast day is the Feast of Corpus Christi, also called Solemnity of the Most Holy Body and Blood of Christ, to honor the Real Presence of the Body (corpus) of Jesus Christ in the Eucharist. We love to go to Mass and attend Adoration on that day. The Feast of Corpus Christi is always special for our family.

What fruits have you seen within yourself and your family from Living Liturgically?

As for me, I have seen myself grow in virtue and try to stay humble. I ask for God to guide me and my family always and every day. To help us grow in our faith individually, but to help us get stronger in our faith as a family unit. As for my wife, she is known as the person who always prays before meals, and co-workers and family alike will not take a bite if she has not said grace. We have grown in hope, faith and charity as family, but we know that we can continue to grow daily. We know that God is always a prayer away.

Do you have any tips on how other families can start on the journey of Living Liturgically?

Simple answer is that you have to start simple. Say a prayer at night before going to bed or say a prayer before meals. It is hard to get everyone at the table on a daily basis, but you have to keep trying. In our parish, we have a family prayer that Father Eduardo Ortega has introduced, and I believe that will be a huge blessing to all our parish families. Once in a while say at least a decade of the Most Holy Rosary with the family, if it is not possible to do all the rosary.

Make it to Mass every Sunday and holy days of obligation even if you are out of town. Find a Mass wherever you are. I use an app called MassTimes and it comes in handy. If you don't know what to pray, use the Magnificat or Universalis apps. The apps are free and will help you stay in prayer all day.

— **Daniel & Elsa Gomez & Family**
Immaculate Conception Church,
Rio Grande City

LIVING LITURGICALLY RESOURCES:

- CATHOLICFAMILYCRATE.COM
- CATHOLICCULTURE.ORG
- CATHOLICALLYEAR.COM
- 52SUNDAYS.COM
- HOLYHEROES.COM
- TEACHINGCATHOLICKIDS.COM

PRAYER OF THE MONTH:

Jesus, Mary, and Joseph, in you we contemplate the splendor of true love; to you we turn with trust.

Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic churches.

Holy Family of Nazareth, may families never again experience violence, rejection and division; may all who have been hurt or scandalized find ready comfort and healing.

Holy Family of Nazareth, make us once more mindful of the sacredness and inviolability of the family, and its beauty in God's plan.

Jesus, Mary and Joseph, Graciously hear our prayer. Amen. (Pope Francis, Amoris Laetitia)