

Living Liturgically

» Your Family as a Domestic Church

What does Living Liturgically mean to you?

Living Liturgically to me means having Christ in our lives as we follow his teachings not only at home but in our everyday activities.

How did you start Liturgical Living with your family?

We started living liturgically by praying the Holy Rosary nightly with our young children and attending Holy Mass every Sunday. We do what we can in our community and encourage our children to do the same. They both are a part of the children's choir at our parish and our son is an altar server. They take great pride knowing they can use their talents.

What feast day celebrations are most important to your family? How do you celebrate?

A feast day we celebrate each year is All Souls' Day. On this day we pray for all those who have departed from us to be with our Lord and Savior. We make an altar and have an offrenda. We decorate it with pictures of those of our loved ones that have left us and leave small gifts of things they enjoyed during their time with us. We say extra prayers that night as a family.



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

The spiritual growth of our children and their development as Catholics in a way has enriched our entire family as better Catholics. They like to give of their time and be part of the children's choir in our parish. Our daughter helps with community services as part of the Junior Catholic Daughters. It is a joy seeing them grow in their faith and do God's work through service.

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

Always be there for each other as a family. Make the time and pray daily. Teach your kids that prayer is important. Just take that first step and God will enhance your life beyond belief.

— Benavides Family
Our Lady of Refuge Parish, Roma

» Family Activity:

Make a Paschal Candle

Do you have an Easter candle at home? At the Easter Vigil, an Easter Candle, also called a Paschal candle, is lit from the Easter fire during the "The Service of Light."

Some families purchase or make one to use at home. You can light your Easter candle each day at dinner throughout the Easter season or during prayer time together.

Here are the basics for making an Easter candle for use in your home.

Supplies:

- One large white pillar candle
- Red Sharpie or permanent marker
- 5 Cloves

Steps:

- Use the red marker to draw a cross and write the symbols for Alpha (A) and Omega (Ω) on the candle. Also write the year 2023.
- Place the cloves on each end of the cross and one in the center.

Please share photos of your candles by using the hashtag #CDOBpaschalcandle.



WHAT IS THE SIGNIFICANCE OF THE PASCHAL CANDLE?

LIGHT
The light of Christ that shines in the darkness.

FIRE
It represents Christ's resurrection.

GRAINS OF INCENSE
They represent the 5 wounds of Christ.

ALPHA AND OMEGA
Christ is the beginning and end of all things.

CROSS
It represents Christ and his eternal light.

YEAR
It reminds us of God's presence here and now.



Source: Aleteia.com

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