

Overview

Families today face many struggles, both through cultural pressure and through the personal struggles that accompany family life. Despite these struggles — and partly as a result of conquering them — families have great capacity for love and joy, a joy that is strengthened through the peace and truth found in Christ.

To assist families in living out this joy of Christ, Supreme Chaplain Archbishop William Lori has composed a prayer through which families may come together to consecrate themselves under the protection of the Holy Family.

We invite every family of our parish to engage in the Consecration to the Holy Family.



How to Prepare

The word consecration literally means "association with the sacred", and as such it requires a much larger commitment than simply reciting a prayer off of a card. To receive the full benefit of intercession from the Holy Family, one must cleanse the body, mind and soul.

The decision to consecrate your family needs to be intentional and a process through which you completely surrender to God through the Holy Family. You are accepting the truth that salvation history was changed forever by a family, and that through your domestic church, you are called to live their example.

Four suggested steps *before* praying the Consecration to the Holy Family:

- 1** Discuss the importance of this consecration as a family and why you are doing it.
- 2** Each member of your family is strongly encouraged to receive the sacrament of reconciliation.
- 3** As a family, intentionally choose something to fast from. The fast can be for at least a week. As our physical bodies are drawn to things of the world, it is strongly encouraged that you fast from something that you would normally do or consume. Fasting helps to discipline our minds and hearts to refrain from secular activities and be more focused on God.
- 4** Prepare for the commitment you are making. Consecration to the Holy Family is not a single event. You have chosen a way of life for your family. You and your family are consciously choosing to be a beacon of light of God's love through his Church.



While traditionally celebrated on the first Sunday after Christmas in conjunction with the feast of the Holy Family, for the purposes of this program the Consecration may be offered at any time of the year as agreed upon by the parish priest and the Knights of Columbus council. It is our hope that this process may help strengthen our families and revitalize our parishes.



"Love is shown by little things, by attention to small daily signs which make us feel at home. Faith grows when it is lived and shaped by love. That is why our families, our homes, are true domestic churches. They are the right place for faith to become life, and life to grow in faith."

— Pope Francis

World Meeting of Families, Philadelphia, 2015

Ready to put *your*
FAITH IN ACTION?

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To learn more about the
Consecration to the Holy Family, visit:

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