

Dear families,

We hope you and your families are doing well and are safe. We are facing difficult and uncertain times, the Pope has made several special calls to get together in prayer, like the Holy Family did! It is **through prayer** that **God moves and transforms our hearts, and situations that are out of our reach!** So many families who are ill or homeschooling in lockdown, as well as medical, service, and religious heroes who are risking their lives! Let's become **Prayer Warriors!** The more hearts getting together to pray, the greater the blessings! **God is God.**

We invite you to join to pray every day at 7pm with your family, so that we can all unite spiritually in prayer from home, and help each other stand strong in this moment of so much need!

Families are invited to pray a decade, or the Rosary, or the Stations of the Cross!

**Contact your grade level Connection Rep to pray virtually together!
We are already over 40 families praying from our homes internationally!**

You can also set another time of the day that works for your family, and **HERE are other ways to pray that you could explore in your Family Spiritual Journey!**

Family time is precious and it is the best **school for life**, where we all learn to **grow in virtue and love!** As parents, we all know how important it is to form our children's souls, minds, and bodies to grow and thrive in our loving mission, to serve, **to become the saints we are all called to be.**

I. Spiritual Communion Prayer

"My Jesus, I believe that you are present in the most Blessed Sacrament. I love You above all things and I desire to receive You into my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and unite myself wholly to You. Never permit me to be separated from You. Amen."

II. Rosary for Families!

1. Friendly **Animated Rosary for kids** to pray <https://www.youtube.com/watch?v=yg3XpfrM6hM>

It includes, Joyful, Luminous, Sorrowful, and Glorious Mysteries, it only needs to add 9 Hail Marys to each decade, but it is very appealing and sweet for little ones!

2. Attached friendly **Rosary Booklet** in **pdf**
3. Rosary **Cell Phone Apps** The Catholic Rosary or iRosary

Promises to those who pray the Rosary

Our Lady promised to those who pray the Rosary, to **sanctify** them with graces, virtues, **mercy**, and **love from Jesus**; also, to cause **virtue** and good works to flourish, to **destroy vices**, decrease sins, and give special **protection**, as well as the grace of final **perseverance. Prayer is one of the best gifts!**

III. Stations of the Cross for Families!

1. Stations of the Cross **animated for kids** with music and reflection – **20 min. video**
<https://www.youtube.com/watch?v=Q2IAR8tODQE>
2. Inspiring **Way of the Cross in Holy Land**, by Catholic Online – **40 min. HD video**
<https://www.youtube.com/watch?v=wW1t7M8HKT8>
3. Stations of the Cross **App: Via Crucis: Catholic Meditations on the Way of the Cross by St. Francis of Assisi**

Explanation of the Stations of the Cross

The Stations of the Cross are a 14-step Catholic devotion that commemorates Jesus Christ's passion that took place on Holy Friday. The 14 **stations** are a journey, a **pilgrimage** leading us to **meditate on the different loving moments from Jesus' condemnation to his laying in the tomb.**

IV. Live Stream Masses

Link to **Archdiocese of Atlanta** Masses <https://archatl.com/covid-19/broadcast-or-livestreamed-mass/>

Link to **HSCC** Masses <https://infotank.com/hsc/>

Link to **LC** Masses <https://www.regnumchristi.org/en/daily-mass-and-rosary-livestreams-from-the-legionaries-of-christ/>

Mass friendly Booklet "The Miracle of the Mass: Preparing our Hearts to Encounter Jesus"

Let's take this time, that has come upon us, as a family adventure to see Jesus in everyone and love them with all our hearts, minds, words, actions, and prayer!

Thanks with all our hearts, count on our prayers, and God bless you always!

HSP Connections

