

Cultivate Holiness at Home

We are in a situation in which we cannot live our “usual” faith life – whether it was one of weekly or frequent Mass and Adoration. But we still want to respond to God’s call to be holy, to be saints - friends of God, those who know Him and follow His ways. The call is always there; perhaps God is using the current confusion and chaos to turn our ear back to it.

We all ache for liturgy and the sacraments. We long for those conduits of grace. Our hunger is a reminder that man is made for worship. But communal worship is only one part of our spirituality. Our private, personal spirituality must sustain us during these times. We must strengthen and deepen our personal life of spirituality.

There have been times in history when Catholics were entirely cut off from access to the sacraments: the 1918 Pandemic, when the New World was colonized, or when the missionaries were expelled from Japan for over 250 years! During these times, lay Catholics proved themselves capable of surviving and thriving as the mystical Body of Christ when deprived of the sacraments, even for hundreds of years. We can draw strength from their witness and make it through these months with our faith lives intact by cultivating holiness at home with the aid of both modern technology and ancient practices of the faith.

Technology can bring into our homes the Mass, Divine Mercy Chaplets, movies about the saints, book and bible studies – there are a myriad of ways to bolster our faith life digitally. In addition, we should “unplug” and cultivate personal prayer and spiritual growth through fasting and almsgiving.

Daily prayer as well as starting a family habit of praying together:

- Practice Morning and Evening Prayer – apps are available
- Read Scripture: Spend some time with the Mass readings or commit to read the Bible each day.
- Pray the rosary or other Catholic prayers such as the Divine Mercy chaplet.
- Pray for those who have died or are sick from the virus and those caring for them
- Do an examination of conscience regularly and make an act of contrition to God

Fast from main-stream media:

- Take a Bible study, watch movies, or download inspiring books for all ages on FORMED.
- Consider joining a reading group on-line or taking a retreat at home.
- Listen to good Catholic podcasts

Give alms – through time, talent, and treasure:

- Give time to others – reach out to family members, elderly, neighbors by phone or on-line
- Determine how your talents can help others even at a distance
- Give donations to help others (St Vincent de Paul, Community Action Center, Catholic Relief Services)