



FAITH ALIVE @ HOME!

A GUIDE TO PRACTICING SYNODALITY AT HOME!

Created for you by the **Catechetical Office** and the **Office for Family Life Ministry**

SYNOD ON SYNODALITY 2021-2023

FAMILY PRAYER @ HOME

PRAYERS FOR THE SYNOD,
PRAYERS FOR THE CHURCH,
PRAYERS FOR YOUR PARISH AND PRIESTS

FAMILY FAITH @ HOME

FAMILY SYNODALITY,
FAMILY LISTENING SESSION AT HOME,
FAMILY FUN ACTIVITIES

CLICK ON THE QUESTIONS BELOW FOR ESSENTIAL DETAILS ON THE SYNOD

What's a Synod?



Why is this Synod important?

What's synodality?

How can we participate in the Synod?

What's a synodal church?



For a synodal Church
communion | participation | mission

What difference could the Synod make for our family?

For more information on the Synod on Synodality in the Archdiocese of Newark, click on the links below for important resources and details.

Cardinal Tobin introduces 'synod on synodality' to Newark Archdiocese

Sr. Donna Ciangio, O.P., describes the local synod process for the Newark Archdiocese

Archdiocese of Newark Synod Webpage



FAMILY PRAYER @ HOME

PRAYERS FOR THE SYNOD

In order to "walk together" and listen to the Holy Spirit we need to pray. There can be no communion, participation, and mission without personal and community prayer. Prayer prepares our hearts to listen carefully to others and helps us to discern the action of the Holy Spirit in our lives, in the life of our church, and throughout the world. We encourage your family to pray for the current Synod in your own word or by using any of the prayers below.

- [Archdiocese of Newark Synod Prayer](#)
- [Synodality - Walking the Road Together](#)
- [The Church on the way - Pray for a synodal Church](#)
- [Prayer for the Success of a Synod of Bishops](#)



PRAYERS FOR THE CATHOLIC CHURCH

As baptized Christians, we are called to pray for the needs of the Church and the world. May these prayer resources inspire your family to grow in deeper relationship with Jesus and with the universal Catholic Church.

- [Prayer for Pope Francis](#)
- [Prayer for Church Leaders](#)
- [A Child's Prayer for Vocations](#)
- [A Child's Prayer for Religious Leaders](#)
- [Prayer for a Holy Church](#)
- [PRAYER FOR VOCATIONS](#)



PRAYER FOR OUR PARISH

adapted from [Prayer for our Parish](#)

All powerful God, Father of our Lord Jesus Christ, by the water of the Holy Spirit you freed us from sin and gave us new life. Loving and gracious God, our lives are often pushed and pulled by hundreds of activities. In the busy pace of life, we realize our need to be in touch with the deeper meaning of life.

Send your Holy Spirit upon us to be our Helper and Guide during this Synod as we embark on a new journey of renewal.

Guide us as we put your mission to "Make disciples of all nations" into practice.

Gift us with a spirit of openness and generosity, as we walk with each other as companions on this journey, seeking ways to bring the Good News to all. Make us aware of our many opportunities and responsibilities to be the witnesses of your love, mercy, and call to new life. May we all grow in faith through prayer, the Gospel, and the Eucharist.

Help us to be a people of courage, faith, and holiness. Help us to recognize you as you reveal yourself to us, as you speak to us in the events of our daily lives, and through the Eucharist, prayer, and in each other.

You are inviting us and calling us. Let us respond with eagerness and joy.

Through the intercession of our Blessed Mother may we become faithful disciples of your son Jesus Christ. May the intercession of our parish patron and St. Michael the Archangel keep us safe, protect us from all harm, and strengthen us in our commitment to God and his Church.

We ask this through Christ our Lord. Amen.



6 Prayers to Pray For The Priest(s) In Your Life

CREATING SACRED SPACE @ HOME

Home altars for a very long time have been considered common in Catholic households. This sacred area serves as a central place for prayer and practice of the faith in the home. We have designated places for nourishment, rest, work, exercise, and/or play at home - why not have a designated, sacred place to pray, both individually and together as a family?

[Ready to create your sacred space? Click Here!](#)



FAMILY FAITH @ HOME

FAMILY SYNDOALITY - THE LISTENING CHURCH @ HOME

Listening is crucial to our relationship to one another and to our relationship with God. God can be speaking to us through one another. Listening to one another can be a complex process. Listening to the other requires attention. Yet attention can be hard—there are lots of distractions around us and within us which pull us away from being attentive. Listening is not just with our ears. It is with our head and our heart. We hope the resources below are helpful to you and your family as you commit to listening to one another more deeply at home. Being a listening family helps our church to be a listening church.

Adapted from [The Importance of Listening](#)



- [Six Ways to be a Better Listener at Home](#)
- [Ten Tips for Catholics Dealing with a Family Crisis](#)
- [Catholic HŌM-Family Discipleship - Facebook Group](#)
- [Family Feud! 3 Keys to Managing Family Conflict](#)
- [How to Win Back Your Kids](#)
- [What Great Listeners Actually Do](#)
- [Messy Family Podcast : Catholic conversations on marriage and family](#)
- [Marriage and Parenting/Family Online Quizzes - Catholic Counselors](#)
- [Listening for Understanding: A Win-Win for Families](#)
- [5 Tips for Improving Marital Listening Skills](#)
- [Lending a Listening Ear-How Being Heard Can Impact Our Health](#)

SYNOD LISTENING SESSION @ HOME

This family listening session is intended to actively engage families in the 2021-2023 Synod on Synodality. The theme of 'synodality' itself highlights something important for our understanding of the Church and how the Church operates. The Church cannot simply be reduced to its leadership or even just to the clergy. The Church, as the people of God, includes all of her members, this means your family! It is essential to be a Church that regularly has conversations that include different groups and segments of the one family of God. This family listening session is your opportunity to have your and your family's voices heard by the leaders of your local, archdiocesan, national, and universal church.

[CLICK HERE TO START YOUR FAMILY LISTENING SESSION FOR THE SYNOD.](#)

FAMILY FUN @ HOME

Enjoy these Activities for Families to Pray, Learn, and Serve together. Click on the links below.

- [Create a Family Mission Statement!](#)
- [Read the scriptures together. Take turns reading](#)
- [Learn new church music!](#)
- [Go on retreat as a family](#)
- [Go on a local pilgrimage](#)
- [Try faith-based novels and other books](#)
- [Read and reflect on the Sunday readings earlier in the week to prepare for mass](#)
- [Take time\(s\) during the day to pray together as a family- bedtime, meals, in the car, etc.](#)
- [Celebrate baptism anniversaries for the members of your family](#)
- [Take on a novena or new family devotion OR learn about saints related to your names](#)
- [Try new traditions through the liturgical year, especially during Advent and Lent](#)
- [Attend a Holy Hour or Adoration service at your parish, even if for just a short while.](#)
- [Try faith-based movies \(or at least those reviewed with a Catholic heart and mind\)](#)
- [Visit and pray in different Catholic churches in your area, or where you go on vacation](#)
- [Offer acts of service together to provide help for parishioners with different needs \(raking leaves, shoveling snow, bringing cards and flowers especially on holidays\)](#)



Check out the Synod on Social Media!

