



## Family Rituals

*Rituals are repeated behaviors or patterns that call and bond family members together, reflect and celebrate family values and beliefs, and become ingrained in the fabric and life of the family. Rituals may also be referred to as traditions, customs, rites, or celebrations.*

Children are often best at determining what shared activity or event becomes a family ritual or tradition. If an activity or event is memorable and meaningful enough for children to request that it be repeated, in the minds of children the activity is already considered a ritual or a tradition.

Family ritual occasions:

Bedtime

Around the table

Holiday/Seasonal

Prayer/Sacramental

Travel/In the Car

Aesthetic/Artistic

Cultural/Ethnic

Leisure/Recreational/Athletic

Rites of Passage

### *Think It Through and Share*

Our family has a daily ritual of \_\_\_\_\_

Our family enjoys a weekly ritual of \_\_\_\_\_

Our family participates in a spiritual ritual of \_\_\_\_\_

Our family shares in a recreational ritual of \_\_\_\_\_

What I get most out of our family ritual of \_\_\_\_\_ is \_\_\_\_\_



### *Act*

Create a family altar. Spread a special cloth. Have each member bring an item that represents what makes them unique. Decorate further with flowers, candles, or art. Have each member share why or how they chose the article they brought to the altar. Say a prayer or have a reading or reflection. Display your family altar in a visible location in your home.

### *Scripture*

*“Let each generation tell its children of your mighty deeds.”* Psalm 145:4

### *Resources*

*The Catholic Home* by Meredith Gould

*Sacred Dwelling* by Wendy Wright