

OUR FAMILY *Prays*

CATHOLIC PRAYERS
& TRADITIONS



OUR FAMILY

Prays

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& TRADITIONS

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AROUND THE WORLD

Las Posadas

A TRADITION FROM MEXICO

One Advent tradition from Mexico is Las Posadas – “the inns.” This tradition involves a community procession from house to house. Neighbors play the parts of Mary and Joseph and other characters of the Christmas story, and walk through the town carrying candles and singing carols. At each home, the Holy Family looks for lodging but is told, “There is no room in the inn.” Finally, at the last house, the couple is let in. Prayers, singing, rejoicing, and feasting follow.

Here are three suggestions for celebrating Las Posadas with your family.

1 Lead the family from room to room as you look for a place for Jesus to be born. At the doorway of each room, knock and ask if there is room. Invite a family member to respond, “No, no! There is no room here.” End the search in the dining room or kitchen. Ask if there is room, and have a family member again respond, “No, no! There is no room here.” Then ask, “Then where is there room?” Invite the whole family to reply, “There is always room in our hearts!” End the journey with laughter, hugs, and a tasty treat.

2 Extend the celebration to include your neighbors. As a family, go from door to door to tell your neighbors how happy you are to be members of the neighborhood. You could even dress up like the Holy Family. Take a small treat to each family you visit.

3 Pick an Advent evening to go as a family to a few of your nearby neighbors. Invite them to come over to your house for coffee and hot chocolate and dessert. Be spontaneous! Don’t be hurt if nobody comes. You are letting your neighbors know, “There is room in our inn!”

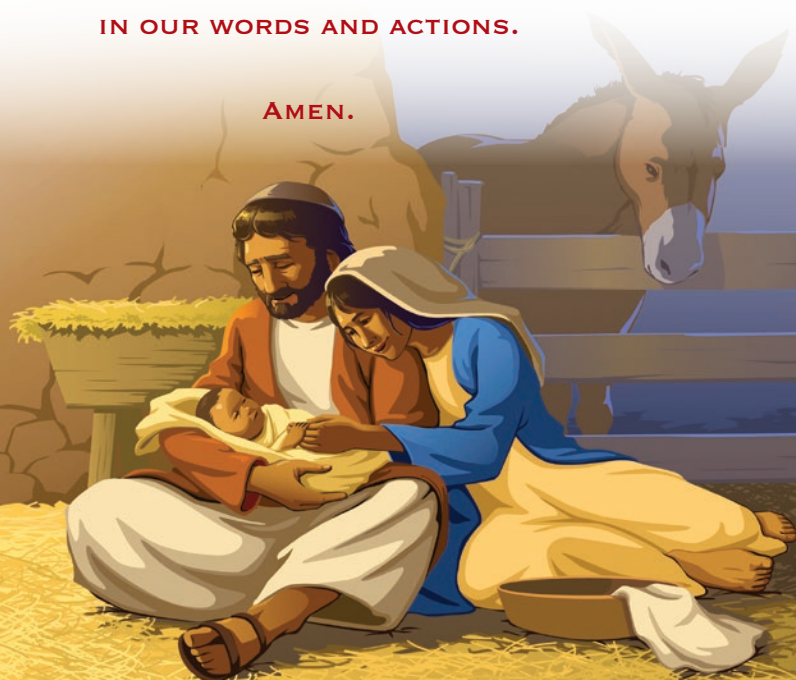


THE LITURGICAL SEASON
OF
Christmas

O GOD,
DURING THE CHRISTMAS SEASON
WE ARE FILLED WITH
THE LIGHT OF YOUR LOVE.

WITH THE COMING OF YOUR SON, JESUS,
MAY THE LIGHT OF FAITH SHINE
IN OUR WORDS AND ACTIONS.

AMEN.



CHRISTMAS + CHRISTMAS + CHRISTMAS + CHRISTMAS

Blessing OF THE Christmas Tree



INTRODUCTION

Before celebrating this blessing, you will need to invite one family member to be prepared to light the tree, and another family member to be prepared to place a new or special ornament upon the tree.

Begin by inviting family members to gather around the unlit Christmas tree.

Sing together a verse of a favorite Christmas carol, pray together the Sign of the Cross, and then offer the following prayer of blessing:

**God of all creation,
as we gather around this tree,
we ask your blessing upon us.**

(The appointed family member should light the tree.)

**May your light surround us,
and show us the way to love and serve you
throughout this Christmas season.**

(The appointed family member should place the ornament upon the tree.)

**May all who gather here with us
enjoy the beauty of this tree,
the warmth of laughter,
and the gift of friendship.**

**We ask this through
Christ our Lord.
AMEN.**

CHRISTMAS + CHRISTMAS + CHRISTMAS + CHRISTMAS



AROUND THE WORLD

The Unexpected Guest

A TRADITION FROM CHINA, CZECHOSLOVAKIA, AND POLAND

In many countries such as China, Czechoslovakia, and Poland, it is the tradition to leave one extra place setting at the Christmas Eve dinner table for an unexpected guest. This is to celebrate the tradition of welcome and hospitality. The empty seat is for a family member, friend, or stranger who may come seeking food and warmth. In some traditions, the unexpected guest is Jesus, and the place is set as a sign that he is welcome in the family's home and at the family's table.

As you set your Christmas table, set an extra place, and pray for all of those who are in need of warmth, food, welcome, and hospitality. Pray that your family may always welcome the Christ in them with kindness and generosity.



The Christmas Crèche

A TRADITION FROM ITALY

Saint Francis of Assisi staged the first live Nativity scene in a cave near the village of Greccio (in Italy) in the year 1223. He created the scene for villagers to come and enjoy as he preached the Good News of the birth of the Savior. The custom of displaying Nativity sets in our homes has its origins in this event.

Prayer for a Family

Dear Jesus,
your Holy Family is
the model for all families.

Mary was a loving mother,
Joseph was a caring father,
and you were their holy child.

Our family is different from yours,
but we want to grow in holiness,
goodness, and love.

Help us to care for each other
as Mary, Joseph, and you
cared for each other.

Help us to show our love for you
by loving and serving each other
in what we say and in what we do.

With your help,
may our family be known as a
holy family, too.

Amen.

Blessing of Grandparents

Lord God almighty,
bless our grandparents with
long life, happiness, and
health.

May they remain constant in
your love
and be living signs of your
presence
to their children and
grandchildren.

We ask this through
Christ our Lord.

Amen.

Blessing for a Pet

O God,
you ask us to care for and
to enjoy the creatures
of the earth.

Bless our pet, _____ (name).
Keep him/her safe and healthy.
Help us to care for him/her.

Amen.



AS THE JOURNEY CONTINUES...

We hope that this prayer resource has inspired you to celebrate the liturgical seasons and the daily, sacramental, and special occasions of life. We encourage you to write and to pray the prayers that express the celebrations, difficulties, joys, and sorrows of your family's journey of faith and life. May God bless you and all members of your household, the domestic Church on Earth.

**Gracious God,
you hear our every prayer –
the prayer of sorrow,
the prayer of joy,
the prayer of doubt,
the prayer of thanksgiving.**

**Help our family remain faithful
in celebrating the seasons of the Church year,
and in turning to you in prayer
at every moment,
in every circumstance,
in every stage of life.**

We ask this through Christ our Lord.

Amen.

NUESTRAS FAMILIAS

Oran

ORACIONES Y
TRADICIONES CATÓLICAS

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POR EL MUNDO

Las Posadas

TRADICIÓN DE MÉXICO

Una tradición de Adviento de México es el de Las Posadas. Esta tradición implica una procesión en el vecindario de casa en casa. Los vecinos hacen de María y José y de los otros personajes del relato de la Navidad, y caminan con velas por la ciudad cantando villancicos. En cada casa, la Sagrada Familia busca alojamiento pero se le dice, "No hay lugar en la posada". Finalmente, en la última casa, la pareja es recibida. Luego hay oraciones, cantos, regocijo, y la fiesta continúa.

Ofrecemos tres sugerencias para celebrar Las Posadas con sus familiares.

1 Lleven a la familia de una habitación a otra mientras buscan un sitio para que Jesús nazca. En la puerta de cada habitación, toquen y pregunten si hay posada. Inviten a un miembro de la familia a que responda: "¡No, no! No hay lugar aquí. Terminen la búsqueda en el comedor o en la cocina. Pregunten si hay posada, y hagan que un miembro de la familia de nuevo responda, "¡No, no! No hay lugar aquí ". Luego pregunten: "Entonces, ¿dónde hay posada?" Inviten a toda la familia a responder, "Siempre hay lugar en nuestros corazones!" Terminen el caminar con risas, abrazos, y una comida sabrosa.

2 Extiendan la celebración para incluir a sus vecinos. Vayan como familia de puerta en puerta para decirle a sus vecinos lo feliz que están de ser parte de la vecindad. Inclusive, podrían vestirse como la Sagrada Familia. Lleven golosinas a cada familia que visiten.

3 Elijan una noche de Adviento para ir como familia con algunos de sus vecinos más cercanos. Invítenlos a venir a su casa para tomar café o chocolate caliente y postre. ¡Sean espontáneos! No se ofendan si nadie viene. Ustedes le están dejando saber a sus vecinos que hay sitio en su posada.



EL TIEMPO LITÚRGICO
DE
Navidad

SEÑOR DIOS,
DURANTE EL TIEMPO DE NAVIDAD
NOS LLENAMOS DE
LA LUZ DE TU AMOR.

QUE CON LA VENIDA DE TU HIJO JESÚS,
BRILLE LA LUZ DE LA FE
EN NUESTRAS PALABRAS Y ACCIONES.

AMÉN.



NAVIDAD + NAVIDAD + NAVIDAD + NAVIDAD + NAVIDAD



Our Family Prays
is a collection of rituals,
blessings, prayers, and traditions
meant to encourage and inspire Catholic families
to keep prayer at the heart of their home.
It is organized by the seasons of the liturgical year
and includes religious traditions and
celebrations from around the world.
Our Family Prays will engage families
in all stages of life.



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