

Building a Catholic Culture at Home

HOW TO BUILD SUSTAINABLE HABITS

Start small! You might be tempted to start with tons of big plans but we urge you to build sustainable habits. **Avoid burnout, frustration and overwhelm by just starting with one thing at a time.** Start with doing one thing in Step 1. Once you feel confident with Step 1, do something in Step 2. These simple celebrations will become traditions, making it easier to add more in coming years. Below is a list of simple ideas to help you get started.

STEP 1 Liturgical Seasons

Start with the Liturgical Seasons of the Church because many of these seasons are already widely celebrated making it easier to adopt and adapt existing traditions.



Advent

- Listen to Advent music
- Use a purple tablecloth or purple napkins
- Advent Wreath
- Nativity Scene – keep baby Jesus hidden
- Sing “O Come, O Come Emmanuel” each night
- Read Luke 1:30–33 and draw Gabriel & Mary
- Aspiration: “Come, Lord Jesus” or “O come, O come, Emmanuel”
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- _____
- _____

Christmas

- Listen to Christmas music
- Use a white tablecloth and special dishes
- Place baby Jesus in the manger
- Go caroling to neighbors or in a nursing home
- Celebrate the 12 days of Christmas with movies, baking, light looking, holiday drinks, and games
- Bake a cake and sing Happy Birthday to Jesus!
- Aspiration: “Venite Adoremus!”/“O come, let us adore him!”
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- _____
- _____



Lent

- Listen to Lent music
- Plan a special feast on Fat Tuesday
- Fast from meat on Fridays
- Give up something as a family (no radio in the car, no TV on Saturday, no dessert)
- Bury or lockup the word “Alleluia!”
- Pray the Stations of the Cross
- Share money, time, or goods with the poor
- Aspiration: “We adore you, O Christ, and we praise you! Because by your Holy Cross, you have redeemed the world!”
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Triduum

- Clean your house
- Attend Mass/services for the Triduum
- Holy Thursday: wash feet & read John 13:1–17
- Good Friday: quiet time from 12–3PM
- Holy Saturday: bake resurrection cookies (eat on Easter)
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- _____

Easter

- Listen to Easter music
- Keep fresh flowers on the table
- Eat resurrection cookies
- Open "Alleluia!" up and share a treat to rejoice
- Add Catholic goodies (games, books, art, toys) to Easter baskets
- Hide a Scripture verse inside eggs along with candy
- Aspiration: "Christ has risen!" and teach children to respond: "He has truly risen!"
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STEP 2

Baptismal Anniversaries

This was a VERY important day and deserves to be celebrated like a birthday!

- Say: "Happy baptism anniversary, [name]!"
- Mark baptismal anniversary dates on calendar
- Pray for the person being celebrated
- Let that person pick what's for dinner
- Have dessert after dinner
- Renew your baptismal promises
- Look at baptism photos together
- Light their baptismal candle at dinner
- Give that person a special plate for meal times
- _____
- _____
- _____

Ordinary Time

- Plant something green and watch it grow
- Go to confession, go to adoration
- List everyday things you are grateful for together
- Read the stories of saints at bedtime
- Create a family altar or prayer space
- Aspirations: "Come, Holy Spirit", "All glory and honor is yours!", "Deo gratias!" / "Thank you, Lord!"
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- _____
- _____

STEP 3

Celebrate Feast Days

Celebrate the Saint's Feast Days that your children are named after, confirmation saints, favorite saints, etc.

- Say: "Happy feast day, [name]!"
- Have a special dinner
- Have dessert after dinner
- Look at where the saint was from on a map
- Eat fun food from the country of the saint's region (Ex: Indian food for St. Teresa of Calcutta)
- Color a coloring page for that saint
- Listen to a podcast on that saint
- Give that person a special plate for meal times
- _____
- _____
- _____



NEED HELP? We are here to support Catholic families. We provide many free resources, subscription boxes, educational resources, games, art and more to make learning about the faith easy!