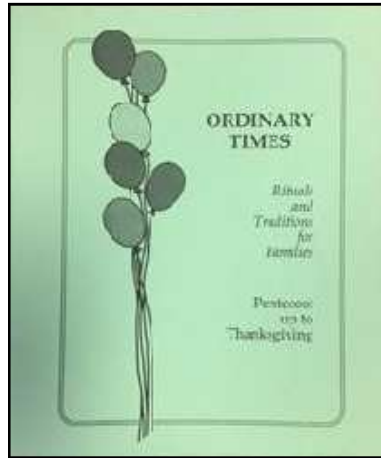


ORDINARY TIMES BOOK



Simple, Practical, Spiritual

- 36 page booklet
- Rituals, traditions and activities for families/ individuals
- Activities from Pentecost to Thanksgiving
- Two parts: Ordinary activities in the Life of a family; Holidays and Holydays.

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Excerpt from the Ordinary Times Book

MEALTIMES



Mealtimes are certainly ordinary times in the life of any family. Just because they occur so frequently, though, does not mean they are not special. Mealtimes are sacred times. Sacred times do not have to be formal, solemn, churchly occasions! Even the messiness and unpredictability of meals with children cannot in any way detract from the sacredness of eating together.

Scripture is full of stories of Jesus eating with others. Some of those meals were formal ones—the Last Supper, the wedding feast of Cana—while others were as ordinary as most of our meals are. All of those meals became sacred, thought, because of Jesus' presence.

The family meal can be a little Eucharistic experience, because families are little churches—people gathering together in the Lord's presence in a spirit of self-sacrificing love.

Why do families eat together? To be nourished and reenergized, to come together again after having been away from each other while at work or school, to relax, and to enjoy each other's company! We go to Mass for the very same reasons, only our family is a larger one there. Whether at Mass or at the family meal at home we can be aware of God's presence in our midst and leave a little better for it. We can then go forth to make the world a better place!

Creating and safeguarding the atmosphere of the family meal is one of the most important jobs in the family.