



Ten ways to Celebrate the Day of the Lord

For Christians, Sunday is special. More than 'a day off,' Sunday is the Day of the Lord. It is our 'weekly easter' when we take time to celebrate the resurrection of Jesus and renew our belief in the salvation won by Christ. How can we treat Sunday as special? Below is a smorgasbord of practical tips. Add to it and develop your own unique way to celebrate the Day of the Lord.

1. A diary date with the Lord

We plan many things in life: work, holidays, study. So why not put some thought into the way you spend next Sunday? Bring your plans to prayer and see how the Lord leads you.

2. Take a break

Rest in God's love. If possible, have a work shift rescheduled. And leave the housework, the homework or the office catch-up for another day. Give your mind a rest. Stop worrying! Place a major anxiety in God's hands.

3. Smell the roses

Stop racing. Take a deep breath. Take a moment to notice the gifts of creation. Go for a walk in the sunshine. Plant a seedling. Listen to the rain.

4. Enjoy God's people

Visit (or write to) a dear friend whom you haven't seen for a long time.

Romance your husband/wife.

Enjoy a simple treat with your family: an ice cream, a leisurely walk in the park.

Make family mealtimes special; they will deepen your sense of eucharist.

5. Have some fun

Make pancakes for breakfast and involve the youngest chef of your household.

Rumble the kids. Dance with your three year old.

Ask a teenager to educate you in an aspect of youth culture.

Share some laughs.

6. Add a touch of prayer

Light a candle together on Sundays.

Make a pilgrimage to a sacred place or shrine. Say a prayer on your journey.

If you are grieving a sorrow, bring your tears to the foot of the cross.

7. Celebrate the saints

Visit the grave of a loved one.

Tell your family the gifts you observe in them.

Phone a family member who is absent and say 'I love you.'

Recall the faith of your ancestors. Watch a DVD about an inspiring saint.

Pray with Mary. E.g., gaze upon a marian icon, pray a decade of the rosary.

8. Make more of Mass

If you live alone, arrange to go to Mass with a friend.

Allow the prayers of the Mass to touch your joys and sorrows.

After Mass, stop and chat with your brothers and sisters in Christ.

Revisit the Gospel reading during the day.

In a kitchen-table discussion, take up the topic of today's homily.

9. Feed your faith

It's the Day of the Lord, so give the Lord some thought!

Read an inspiring article that turns your thoughts to God.

Play a CD of Christian music.

Write in your prayer journal.

10. Expand your circle of love

Get involved in your parish. E.g., Take your turn bringing communion to the sick. Organize a practical gift for someone in need. Check on an elderly neighbour. Visit somebody in hospital. Do something supportive as a mother-figure or a father-figure to a child without a parent.

Helpful Hint

On some Sundays our well-intentioned plans will go awry. It's okay! Don't give up. It takes persistence to keep Sundays holy. Even the 'trying' helps to orientate our lives towards God. And our children will *know* that we are trying. Whatever happens, planned or otherwise, approach it in a spirit of faith and love.

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