

THRESHOLDS

STEWARDSHIP OF TIME



Time for God

Commitment One



() Prayer Discipline One

Attend Sunday Liturgy Consistently

Time Commitment: 1 hour

Alone or as a group/family

The act of participating in Sunday Liturgy is at the heart of our Christian Catholic Faith. By participating in Sunday Liturgy, we have the opportunity to give joyful praise and worship to our heavenly Father, who is so good and loving.

During the Sunday Liturgy, we hear the Word of God being proclaimed. We reflect with our heart and mind, seeking to understand more deeply God's presence in our lives. By listening to the homily, we can be filled with spiritual growth and be transformed.

During the Sunday Liturgy, we receive the Eucharistic presence of Christ in the form of bread and wine. This Eucharistic food is for our strength and nourishment so that we might lead faithful Christian lives. The Eucharist gives us a share in God's very own life and love. The consistent participation in Sunday Liturgy is an act of faith which joins us to Christ and one another. It is a testimony of belonging and being faithful disciples of Jesus.

() Prayer Discipline Two

Praying the Rosary

Time Commitment: 20 Minutes once a week

Alone or as a group/family

The rosary is a traditional prayer discipline of the church that involves meditation and scripture. When praying the rosary, the one who prays is offered the wonderful opportunity to reflect on the saving mysteries of Christ's life, death and resurrection with the many spiritual consequences for all who believe.

Each recitation of the rosary will focus on five events in the life of Christ and the story of our salvation. These five events might come from the Sorrowful Mysteries, the Glorious Mysteries, the Joyful Mysteries, or the Mysteries of Light.

Our prayer commitment invites participants in this discipline to pray the rosary once per week.

() Prayer Discipline Three

Pray the Novena to St. Gianna

Time commitment: 5 minutes per day for nine consecutive days
monthly Alone or as a group/family

Novenas are prayers of devotion that are offered for a period of nine consecutive days. Their origin is in ancient Rome and they were often prayed at the time of a death. In the early middle ages, Novenas became ways of preparing for great liturgical events, especially of Christmas, Easter and Pentecost.

Today, Novenas are prayed as a way of remembering the perpetual love and care that God sends into our life. The nine days are considered an appropriate period of readying oneself for a new outpouring of God's gifts.

Praying the Novena to St. Gianna invokes the intercession of St. Gianna to assist the one who prays in preparing for the things of God.

It is recommended that those who commit to this prayer discipline pray the Novena once per month for nine consecutive days. It is ideal to commit to the Novena at the very same time each month.

() Prayer Discipline Four

Participation in the Adoration of the Blessed Sacrament

Time Commitment: 1 hour every Wednesday
Alone or as a group/family

Eucharistic Adoration is offered every Wednesday evening from 6:30-7:30 pm at the Parish Centre. You are invited to come for part or all of the hour. Come alone or with family members and or friends. School aged children welcome.

Participating in the Adoration of the Blessed Sacrament is a way of making God a priority in our lives, by taking a "time out" from the busyness and chaos of daily living so that we may be renewed by God. During the time spent in Adoration, silence, meditation and prayer become the context by which the Real Presence of Christ present in the Blessed Sacrament provides consolation and refreshment. Making time to nurture your relationship with God results among other graces, a heightened sense of God's presence and will in your life thereby strengthening the vitality of your discipleship.

The more regular your attendance the greater the fruits in your daily life.

() Prayer Discipline Five

Pray the Noontime Angelus

Time Commitment: 3 minutes daily at noon (or as close to noon as possible)
Alone or as a group/family

The noontime Angelus is a devotion in honour of the Incarnation of Jesus. It commemorates the angel Gabriel's visit to Mary announcing her election as the Mother of God. This daily devotion is a wonderful way to become much more conscious of Christ's incarnation in our own lives.

() Prayer Discipline Six

Daily Liturgy

Time Commitment: 30 minutes
Alone or as a group/family

As Christians in the Catholic Tradition we hold the celebration of the Eucharistic as the source and summit of our spiritual life. In addition to celebrating the Eucharist on Sunday, we also cherish the gift and ability to celebrate the Eucharist several times during the week. Typically, the Eucharist in our parish is celebrated on Tuesdays at 7:00 p.m. and Wednesdays to Fridays at 9:30 a.m. Making the daily celebration of the Eucharist a part of our weekly routine is a wonderful way to understand and appreciate the nourishing and life-giving presence of Christ in our lives.

() Prayer Discipline Seven

Mealtime Prayer

Time Commitment: 2 minutes before the main meal of the day
Alone or as a group/family

So often we rush to and through our meal, not always aware of how blessed we are to have food and drink for our daily nourishment. In addition, we also often neglect to remember all those in our world who go hungry each day. In keeping mealtime prayer, we ensure that we always are God's grateful people and never take for granted the many blessings we know.

() Prayer Discipline Eight

Join the Prayer Ministry

Time Commitment: A few moments per day
Alone

As a member of a parish family, we count on the support and encouragement of one another. This is ever more true in times of suffering, tragedy or despair. Those who participate in the prayer ministry commit to praying for those parishioners who have asked for spiritual support of our community.

The members of the Prayer Ministry receive prayer requests via a tree-like communication, and in a spirit of confidentiality and respect, keep the requested prayer intentions as a part of their own daily prayer routine and awareness.

() Prayer Discipline Nine

Assisting One's Children with Morning or Bedtime Prayers

Time Commitment: A few moments daily
With one's children/grandchildren

There is no better time to learn to talk to God than as a child.

Morning and bedtime prayers create a wonderful routine by which children learn the importance of talking to God each day.

For adults to share in the formation of their children in a life of prayer is not only a rewarding gift to hand on, but also a great way to remember the awe and wonder that comes from talking with God, an awe and wonder that too often adults forget.

() Prayer Discipline Ten

15 minute Daily Prayer with Scripture

Time Commitment: 15 minutes daily
Alone

Daily prayer with scripture can be such a rewarding experience.

Those who commit to this prayer discipline will be guided with the assistance of a daily prayer book so that they may draw from the Word of God inspiration and insight for living.

This prayer routine can be carried out at anytime of the day and provides a truly new resource for facing the busyness and stress of our often chaotic world.

() Prayer Discipline Eleven

Divine Mercy Chaplet

Time Commitment: 5 minutes daily
Alone

The Chaplet of the Divine Mercy is a devotion based on the visions of Polish nun, Saint Mary Faustina Kowalska (1905-1938).

The Chaplet, or series of fixed prayers, calls upon the Divine Mercy of God, revealed in his Son Jesus, to send forth an abundance of grace and mercy.

Traditionally, this prayer is recited each day at 3:00 p.m., the time of Jesus' death on the cross. However, today the prayer is often prayed at another hour of the day that most consistently suits the one who is committed to this prayer discipline.

() Prayer Discipline Twelve

The Examen

Time Commitment: 10 minutes daily
Alone

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method presented here is adapted from a technique described by Ignatius Loyola in his spiritual exercises. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily - at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day.

This is a version of the five-step Daily Examen that St. Ignatius practiced:

1. Become aware of God's presence.
2. Review the day with gratitude.
3. Pay attention to your emotions.
4. Choose one feature of the day and pray from it.
5. Look toward tomorrow.

Praying for the Deceased and Those Who Mourn their Loss

Time commitment: 5 minutes daily for seven consecutive days each month
Alone

In a society that tries to avoid, escape and deny death, our Christian Catholic tradition invites us to face death with hope. While death recalls the fragile nature of our human condition, our belief in Christ's resurrection assures us that 'life is changed, not ended'. Confident that the bonds of love transcend the sting of death, we pray with love for the deceased and those who mourn their loss.

It is our tradition at St. Gianna's Church to commit the deceased and their families to our daily prayers for one year after the death has occurred. Parishioners who commit to this prayer opportunity will receive a prayer for daily use, as well as the names of those for whom our parish has celebrated the Rite of Christian Burial and those entombed at Living Waters Columbarium within the last twelve months.

Time for One Another

Commitment Two



The 'time' that God gives us on earth is limited, unpredictable and fleeting.

As stewards of God we recognize time as a blessing from God. We are grateful for this blessing and we are asked to share a part of this fragile gift with God and those around us.

As a part of our Stewardship of Time commitment You are invited to reclaim time for those that mean the most to you: to set your priorities to include those you love; to spend time with those who could benefit from a gift of time.

Make a decision to commit to one of the **Time for One Another** opportunities:

- () Share a meal with family members or friends once a week.
- () Attend Sunday Liturgy together.
- () Have a family night to play games, watch a movie, do a recreational activity together.
- () Prepare a meal together once a week.
- () Go shopping and/or do household duties together.
- () Stay in touch with someone on a regular basis via the telephone.
- () Turn off communication devices, i.e. cell phone, iPad, and T.V. during mealtimes.
- () Sit together as a family at one table during mealtimes.
- () Visit on a consistent basis someone who is in a place of care or homebound.
- () Other - (create your own) _____