

Charity at Home
May 10, 2020
5th Sunday of Easter

ARCHDIOCESE OF SEATTLE

At Home with Faith

Quarantine can test our patience.

Jesus not only calls us to rise above our stressors to treat those around us with charity, he also gives us the help we need to do it.

We are all under stress. Will we catch this virus? What will happen to my job? Who ate all but the last bite of the ice cream and put the empty carton back in the refrigerator? To top it all off, on those rare occasions when we do go out, passersby may treat us more like potential virus carriers than neighbors. It's hard to rise above it all and be at our best.

Jesus promised us the ability to "do the works that I do." It all starts with asking him for help every day in prayer. Below are some resources that can strengthen our prayer life and help us rise above it all at home.

Acts 6:1-7

The Apostles commission good people to care for those in need.

Psalms 33

Behold the eye of the Lord is on who count on his mercy to deliver their soul from death.

1 Peter 2: 4-9

You are a chosen race, a royal priesthood, a holy nation, a people of His own.

John 14:1-12

Whoever believes in me will do the work that I do.

Read

Take time to quietly and contemplatively read the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.



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Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

- Ask your children: What does charity mean to you? How can we practice charity as a family? Share what the Church teaches on charity.
- Talk about Jesus' commandment to love your neighbor as yourself. What does this mean and how can your family live this out? Ask for examples.
- Do a daily "weather check" with your family members. Without pressing them, find out what's on their mind as they start and end the day. Everyone's emotions, especially our children's, are subject to some volatility as we come to terms with all the things we love (sports, school, visits with friends, etc.) that we can't do right now.
- At bedtime, after reading with your children, ask them, "What was the best thing that happened today?" and "What was the thing you would most like to change about today?" Then pray with your children thanking them for the good things and asking help with the things that need to get better.



Act of Charity

Oh my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured.

Living Charity at Home

These are challenging times, but we can use these days as an opportunity to practice charity and grow closer to our families. Here are a few ideas:

- Tell your spouse and children that you love them every day.
- Find creative ways to show love to your family members everyday. This could mean cooking a special meal, or setting aside time to play games.
- Every night, during your prayers before bed, tell your spouse and children something they did that you really appreciate.
- When you find yourself arguing over little things, ask for forgiveness and see if you can resume the conversation in a gentler way.
- Make it a game to see how you can do little acts of love for each other, like clearing the dishes without being asked, offering to help make dinner or clean up. Maybe introduce St. Therese of Lisieux's sacrifice beads and make them as a family.
- Pray for more charity as a family. Say the Act of Charity, found to the left. Tip: you can clip out this prayer and keep it on your fridge as a gentle reminder!
- Ask for God's help throughout the day to practice charity, especially when you don't feel like being charitable or feel impatient. Some suggestions: "For you, O God, are my strength," or "I can do all things in Him who strengthens me," or "Lord, what do you want me to do?"

For more resources, including previous issues of At Home with Faith, visit us online at:

<https://marriagefamilylife.seattlearchdiocese.org/athomewithfaith>