

7.5.1 PRAYER@HOME CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Pray @Home with your MBS Parish Family

SUNDAY: Celebrate Holy Mass

4:00pm Saturday St. Peter site, 8:30am Sunday St. Peter site (and live stream),
9:30am Communion Service St. Peter site, 10:30am St. Mary site

MONDAY: Praise God with Music

12:00pm Music Meditations with Marshall Potter, live stream and recording

TUESDAY: Reconcile with God and Others

Confession times: 8:00-9:00am, 2:00-3:00pm, 6:00-7:00pm at the St. Peter site

WEDNESDAY: Adore Jesus

Adoration Chapel open from 1:00pm-6:00pm at the St. Mary site

THURSDAY: Pray the Rosary

12:10pm Virtual Rosary with Kathie Reed, live stream and recorded rosaries

FRIDAY: Pray the Stations of the Cross

TIME Stations of the Cross at St. Peter site; recorded stations

SATURDAY: Prayer in Action

Drop off food pantry donations, donate to your family Rice Bowl, sign up for the prayer circle to pray for community needs, volunteer or donate needed items for the Warming Shelter or St. Anne Clinic, etc.

Which prayers experiences did you try this month?

- Praying at Mass
- Praying through Music
- Confessing and Forgiving
- Adoring Jesus
- Praying the Rosary
- The Stations of the Cross
- Praying through Service
- Other: _____

Find resources & suggestions for many different prayer practices and comfort levels at intentionalathome.com



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Make a commitment to be a 7•5•1 home!

For STUDENTS:

- **7 Days weekly:** Pray for your family.
- **5 Days weekly:** Pray with your family. If you live away from your family, be creative. You can pray over the phone, send a texted prayer, or select a specific time to pray “together” separately.
- **1 Day weekly:** If you can't drive to church, participate in a recorded or livestream of a prayer experience with your church family.

For SINGLE ADULTS: *(including widows/widowers)*

- **7 Days weekly:** Pray for your family.
- **5 Days weekly:** Pray with your family. If you live away from your family, be creative. You can pray over the phone, send a texted prayer, or select a specific time to pray “together” separately.
- **1 Day weekly:** Ask a friend or acquaintance to join you for a prayer opportunity with your church family.

For COUPLES: *(engaged, newlyweds, parents, empty nesters, and grandparents)*

- **7 Days weekly:** Pray for your family.
- **5 Days weekly:** Pray with your family. If you live away from your family, be creative. You can pray over the phone, send a texted prayer, or select a specific time to pray “together” separately.
- **1 Day weekly:** Ask your fiancée or spouse to help hold you accountable for participating in prayer with your church family.

Suggestions for using your 7•5•1 PRAYER@HOME Calendar:

1. Place your Calendar on your fridge or in some other central location of your home.
2. Record a "7" or place a sticker on the days each family member prays for family during individual prayer time. Have each family member choose a different color or sticker.
3. Record a "5" or use a sticker on the days you pray together as a family.
4. Record a "1" or place a sticker on the days you pray with your church family.
5. Consider giving each family member a day of the week where they can decide when you will pray, where you will pray, and how you will pray as a family.
6. Use ideas from the Prayer@Home Guide brochure to help enhance your personal, family, and church community prayer times.
7. Plan ahead! Choose prayer experiences or activities you want to do, and add them to the family calendar ahead of time. Make sure everyone knows to keep those days and times open on their own schedules.



A Ministry of Most Blessed Sacrament, Oshkosh
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