

Celebrations in Our Life

Complete this reflection as an individual or as a whole family.

What celebrations were important to you as were growing up? Which of these would you like to pass on to your children?

What are some of the celebrations that you and your family practice today—in your daily life, on a seasonal basis, or on special occasions?

How do you and your family celebrate holidays and holy days?

How do you and your family experience God through your celebrations?

Creating Your Own Ritual

- 1. Choose an occasion or event.**
- 2. Identify a central symbol for the ritual celebration (e.g., water, oil, cross, artwork, bread, candle).**
- 3. Select an appropriate Scripture reading that expresses the meaning of your ritual celebration.**
- 4. Find or create an opening prayer and blessing for your ritual celebration.**
- 5. Select music to sing or listen to that reflects the ritual celebration.**
- 6. Include any ritual actions or movement appropriate for your ritual celebration (e.g., gestures, hugs, blessing signs, anointing).**
- 7. Decorate your environment for the celebration (e.g., artwork, photos, candles).**
- 8. Involve each family member in at least one element of the ritual celebration.**
- 9. Celebrate!**