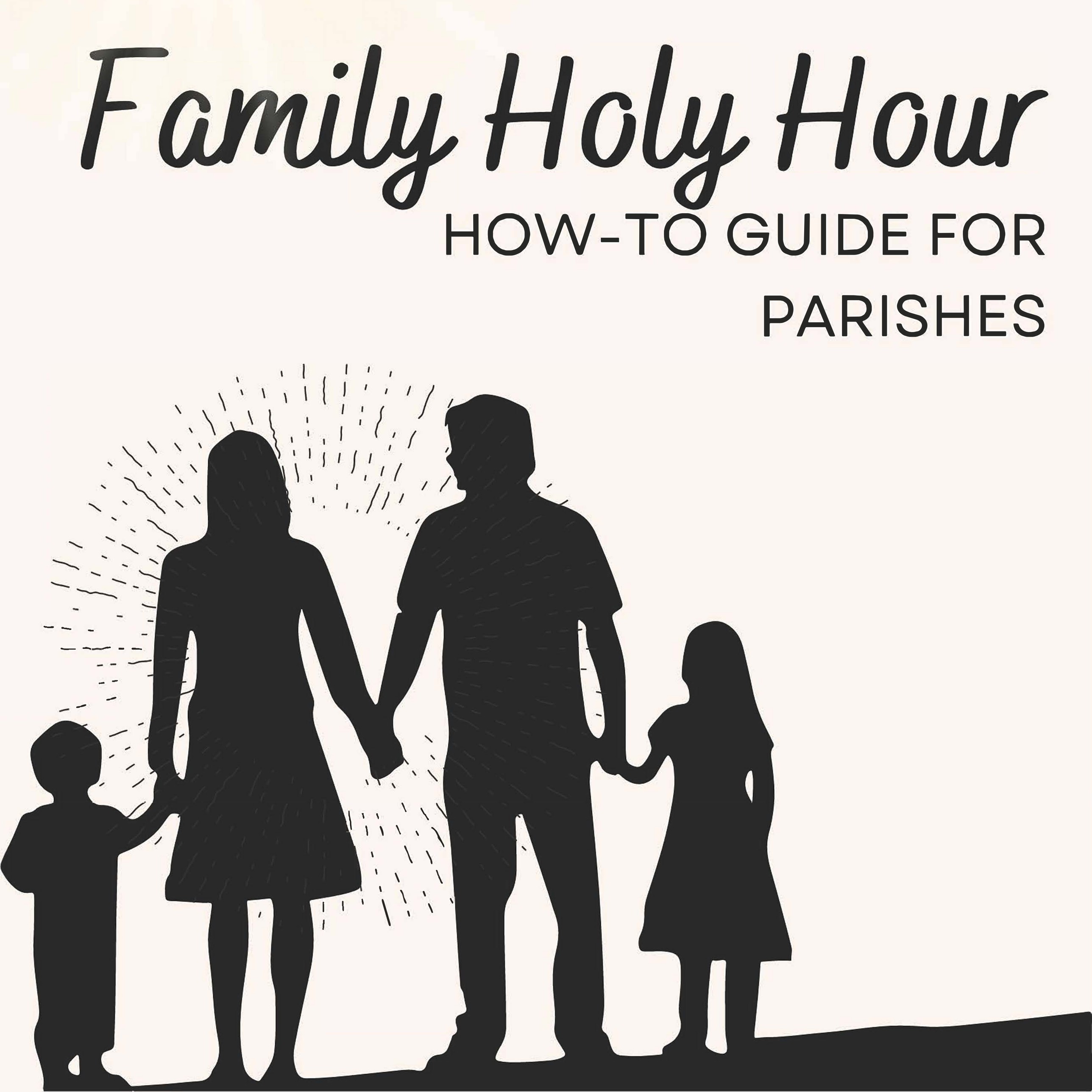


SOUTHERN NEBRASKA
CATHOLICS
OFFICE OF FAMILY LIFE
& DISCIPLESHIP

Family Holy Hour

HOW-TO GUIDE FOR PARISHES



Parishes in the Diocese of Lincoln are invited to lead families to encounter Jesus in the Eucharist through monthly holy hour and refreshments or a potluck .

Preparation:

-Ask your pastor for permission to host a family holy hour and social. If permission is given, find 1 priest to give a short exhortation, offer exposition and benediction, and 1-2 other priests willing to hear confessions

-Find a musician

-Advertise in the parish bulletin, parish FB page, and/or with flyers

Supplies:

-Tea light candles (may want to place on cookie trays/aluminum foil/something else to protect from wax spills)

-Candle lighters from the votive stand and sand for extinguishing

-Paper, crayons, and pens (Pro tip: put a sign in the back that says: "For writing/ drawing pictures for Jesus (something you're grateful for, something you desire, a picture of you and Jesus, etc)")

-Have an examination of conscience available

-Cookies and napkins, water glasses, other snacks/beverages you prefer

Format Example for Sunday:

4:00 exposition/priests are available for confession

4:05 Father gives a short talk and directs where confessions are and what the paper and pens are for

4:15-4:45 Mixture of music and silence, kids can come and go as they please with parental permission to light candles, draw pictures for Jesus, kneel at the front, etc.

4:45 If possible, the priest comes around and gives a blessing with Jesus in the monstrance to each family. Could also do a short procession around if you wanted.

4:55 Benediction and reposition and then potluck or refreshments (cookies, snacks, or sundaes)

Manpower:

-Music *A mix of some silence, some instrumental music, and some sing-along praise and worship songs

-Priests *One priest to give a short homily (5-10 minutes) at the beginning and then one or two additional priests to hear confessions

-Quick set-up/tear-down volunteers for the social after

-Keep it simple. Cookies, hot chocolate, lemonade, ice cream sundaes, anything easy is great. Adults may also opt to do a potluck.