

Fr Gannon's List of Holy Things to Do during the month of April

This list is in no specific order, but it is ideal for adults and families to do while inside for the Month of April that could help in growing in Holiness.

Pray formally at least 5 times a day!

Priests and Nuns promise to pray 5 times a day, throughout the day.

but

You can pray too, set your phone alarm to different times of the day, and when it goes off stop what you are doing for 5 minutes, invite anyone in the room with you to stop, and say a few prayer, (it can be watching the live stream of the Rosary, or Mass, or Fathers Night Blessing), it can be just an Our Father, Hail Mary, and Glory Be, It can be a Litany or just a moment to thank God for that moment.

Every Day Read the 2 chapters of Johns Gospel and then once done with the Gospel read a chapter of his letters a day, as a family, and in prayer.

While reading it, turn off the TV, say a prayer first, take notes and questions to ask Fr Gannon later, and pray about what God is saying to you and your family in that passage for the day, share what you think with others, and end with time with the Our Father. (take about 30 minute a day)

Do Family Fun time everyday

Everyone is stressed, Moms, Dads, Grandmas, Kids, EVERYONE so in this time it's important to realize we are in this together, so schedule out with the family prayer time, food time, and fun time. Make a schedule that includes 45 minutes (at least) of family fun time (it could be movie night, or game night, or card night, or arts and crafts, whatever) but promise to do it and stick to that promise.

Go online and download the readings of the day (USCCB.org)

Read the readings before the live stream of the Mass and prepare yourself for what you will hear at Mass (maybe 20 minutes or so outside of Mass).

Do Spiritual Reading and Schedule it

(You can also Audiobook this) read or listen to a holy book for about 45 minutes a day (Augustine Confessions or City of God, St. Faustina Diary, St. Thomas Aquinas, St. Alphonsus de Liguori, St. John Paul II) You can also Read books by Dr. Scott Hahn, etc.) Now you should only read for about 30-45 minutes because while you are reading you are praying about what God is saying through this, or what the theology is trying to teach you, you could be writing notes, stopping to reflect. It's not speed reading.

Try to Break a Bad Habit

It's still Lent. In fact, this year, this Lent is "THE GREATEST LENT EVER" so if you think of it in those terms, give up something, some sort of bad habit, cursing, eating between meals, smoking whatever, use this time of social non interaction to work on your unholy or bad habits. Include your family in this so they can support and help you.

Keep to an adjusted Routine

Figure out a good wake up time for you and the rest of the family/ We are creatures of Habit, that is a good thing and how God made us, so keep to a normal adjusted habit.

Wake up the same time every day, and have the kids do that as well.

Eat at the same time, and try to eat the same things you would (no extra crazy snack times etc.)

Do your morning habits, shower, change out of PJs, eat breakfast.

If you are working from home, REALLY WORK. Find a place that is yours that you can focus at. Ask the family to help you by staying away from that place while you are working and respect that you are at work. (Have the kids do the same with Remote Learning.) Let there be School time, work time, prayer time, food time, and fun time at your domestic church. Also, at the end of the night, have a regular bed time (now if you or the kids don't have to commute you can shift it, but keep it the same.) KEEP SUNDAY DIFFERENT - AS A DAY OF THE LORD, A HOLY DAY, AND KEEP HOLY WEEK DIFFERENT. Dress up to pray at the live stream Mass. Do Not Do "work" or "School Work" on Sunday if possible, make it a day of fun, relax, and prayer for every member of the family you are with.