



# Home Rituals — Ideas for your family

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St. Ignatius Loyola Parish

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## Introducing Rituals into your Home.

- Developing Sacred Space in your home.
- Consider the Liturgical Year and how to include your Sacred Space.
- Include your Sacred Space in special occasions such as Birthdays or deployments.

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## Home Rituals: Sacred Space

**Sacred Space: Is there a particular place where you regularly pray? Is there a safe space where the family huddles in times of storms or trouble?**

When I was little, if the tornado sirens sounded, we went to the basement. Otherwise my mother usually got out “holy candles” for us to light as we sat around the dining room table.

There is something special about a focus since we are used to this at church with our small shrines, side altars and the main altar. A Jesuit that I had lived with used the term “altarcito” or “little altar” for places of worship or remembrance in

the home. This might be a statue of Our Lady of Guadalupe or a crucifix or a “mini-altar” like those in these pictures. They may also include the image of a dear one who has passed or someone deployed in the military. In any case, such a shrine, icon or mini-altar often serves to remind us and draw us into prayer.

Such a setting can be permanent or seasonal. How many of you have set up a nativity scene? If you have then you know how helpful this can be.

Such a setting can be an educational moment. If you have chosen an image of Our Lady of Guadalupe, go ahead and tell your children

the story. If you have an icon that was handed down from a grandparent or aunt or uncle, tell your children of the occasion and reason for this gift. If your picture or statue is something you have picked yourself, tell them why you find this image inspirational. Then turn around and ask them what they think or what they would like to add. I know someone who picked icons of the saints whose names their children chose for confirmation—that and remembrances from first communion, etc. – regular history of the child’s faith life.



While many will include a copy of scripture as part of their arrangement, others will include a book of remembrance or a book of petitions.



Some of the items included can be “secular”, special occasion pictures like a wedding or birthday.



Starting simple may be your way to go. Just a single piece in a style that inspires you.

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### Finding God in All Things

Our Sunday, 10 a.m. liturgy is online either live on Facebook (link at [loyoladenver.org](http://loyoladenver.org)) or recorded and linked under "Video Resources"



This past week the environment at Loyola included several aspects of an "altarcito": Icons and images of saints, devotional candles, a few items for "Dia de los Muertos" as well as the remembrance display behind the altar. For remembrance we have included names and pictures sent to us by parishioners as well as those who have passed in the last year. The remembrance portion will remain throughout the month of November.

## Making personal Sacred Space

Have you ever worn a prayer shawl? There is something comforting and inspiring by just wrapping one's self in fabric whether a shawl or scarf or a quilt or throw. Objects can help to make your space special and holy for a period of prayer.

Folks will often turn to the senses to enhance a space. That might mean a candle (scented or otherwise), music or nature sounds, dim lighting or else a shaft of sunlight.

What helps is the repetition of these environmental pieces, using them to attune your body to your sense of the sacred.

[Pray-as-you-go](#) has developed an audio podcast that uses many different sound cues to create a sacred space. These were developed for those using public transit daily and transforming that time on the bus or train into a time with God.

You may want to try different practices of

creating an intentional environment to see what works for you. Then again, you might want to consider the various times and places when you have felt "at home", calm or contemplative. Then see how you might be able to "bring that space here" to your own sacred space. Let your senses lead you into prayer and let your memories of peace or of divine encounter hold you there.



**Spiritual directors will often speak of the place where we pray as a place where "God can find you." Doesn't have to be fancy, just a place where God can come calling and find you "at home."**