



**BLESSED
SACRAMENT**
CATHOLIC CHURCH

**Jubilee Year of Preparation
September**

IF YOUR HOME WERE A CHURCH, WHERE WOULD THE ALTAR BE?

Guest Speaker: Dr. Larry Mitnaul MD

Thursday, September 10, at 6:30 pm in the Commons (Door #10 and #11)

What is the center of your home? When you are at home, what do you spend your time looking at? Where are your eyes focused? How many screens are in your home? This month, we will look internally at the ongoing struggle between attention and distraction, between screens and being present to each other. Reflecting on the question, is your home the spiritual center of your family?



Scripture & Catechism

These passages beautifully reflect on home as the spiritual center of the family.

Deuteronomy 6:6-7 — “These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

Acts 2:46 — “With one accord they continued to meet daily in the temple courts and to break bread from house to house, sharing their meals with gladness and sincerity of heart.”

The Catechism of the Catholic Church on the Family, 2201-2233

2204 — “The Christian family constitutes a specific revelation and realization of ecclesial communion, and for this reason it can and should be called a **domestic church**.” It is a community of faith, hope, and charity; it assumes singular importance in the Church, as is evident in the New Testament.

2205 — The Christian family is a communion of the Father and the Son in the Holy Spirit. In the procreation and education of children it reflects the Father’s work of creation. It is called to partake of the prayer and sacrifice of Christ. Daily prayer and the reading of the Word of God strengthen it in charity. The Christian family has an evangelizing and missionary task.

Books

The Screen Reset Playbook, Larry Mitnaul
Magnifica Humanitas, Pope Leo XIV
Virtue in Virtual Spaces: Catholic Social Teaching and Technology, Louisa Conwill,
Megan Levis Scheirer & Walter J. Scheirer

More Resources

We are excited to continue our Jubilee Year of Preparation. If you missed last month’s talk you can find it on our website along with the schedule for the year.

**Look for Jubilee Year of
Preparation under Parish
News!**



HALLOW & FORMED

Hallow.com

Family Rule of Life Challenge — Reimagine your home with this 7-day challenge. Together, we’ll dive into themes like prayer, rest, discipline, and culture—discovering practical ways to bring more peace, joy, and purpose into your daily life.

Family Mass Prep — Join Katie Prejean McGrady & Tommy McGrady as they unpack the readings for this Sunday’s Mass and offer reflection questions to discuss as a family.



FORMED.org

Counting Your Blessings — Dr. Scott Hahn explains the theology and practice of Catholic family life, as based on the image of the Blessed Trinity, is in God’s Word.

