**SETTING UP A PRAYER TABLE AT HOME**

**THINK about it; DECIDE to do it; DO IT!**

Ritual prayer- at table, at bedtime, in the car, in the morning, on birthdays, first days, last days, etc. AND spontaneous prayer anytime- prayer is all about growing love in the family.  Little children are disposed to pray.  That may be a surprise to you- but live with it and see!

**Begin**:  Find a quiet time to speak with your child about the prayer table in their classroom and in the atrium.   Share that you want to help him/her set one up for home.

**Place**: Where is a good place for the child’s prayer and family prayer?  Or will it just be for the child?

**Gathering the things:**   Ask their help to find a place and set up the prayer table.   “Little by little the bird builds its nest.”   Do this in peace!

·         The table:  Table can be a stool, about 15”-18” high. Even a box that is sturdy, covered with a piece of cloth cut to cover it to the floor works! Or...a shelf or windowsill.

·         The cloths: Eventually you need four: purple, green, red, and white- to fit on top of table.  You need to see what the priest is wearing on Sunday- and that will be what you put on your table that week. This is “Ordinary Time,” and the priest will usually wear green until the feast of Christ the King at the end of November.  So go green until then!

Check out felt squares or calico prints at a craft or fabric store- or try the Dollar Store!

·         A statue or holy picture: If you don’t have one, and can’t consider buying one at present, find an old Christmas card, or google ‘coloring page for the Good Shepherd, Mary, Ascension, etc.

·          A Bible: The Catholic Shop at Green and Main/Ridge in Norristown has a good selection of Bibles. In the atrium we use the large print New American Bible.

·         A prayer card: Google Sunday readings usccb.org. Read the Responsorial psalm and find a verse to make into a prayer card.  You can make and change this weekly! For help go to [Making a Prayer Card](http://www.cgsusa.org/UserFiles/file/Parent%20Resources/PrayerCardsforParents.pdf) on the cgsusa.org website.

·         A candle: If you don’t want a real one, get a battery operated one. You can get them at the Dollar Store.  Make *real* candle rules clear from the get go, e.g., an adult stays with the lit candle moments.

·         A pillow or small rug to sit or kneel on for prayer.

**Family Prayer**:  Little children will spontaneously want to thank and praise God.  They may just want to be quiet. Older children want to pray for others’ needs, and perhaps for help to do good and mercy when failing to do good.   You can share prayer by being quiet together, praying or singing, reading Scripture, even praying the rosary.

**Take the best next step! Make a prayer table!**

**See School Website under ‘For Parents’ Spirituality and Service for more!**