



Ways of Praying with the Icon of the Holy Family

We are delighted to welcome the Icon of the Holy Family to the diocese of Kerry as part of the preparations for the World Meeting of Families. An icon is a devotional painting of Christ and other holy figures. This icon represents Jesus at the heart of ordinary family life... whether gathered at the table, or a wedding party or at a sickbed. Visually it expresses that wherever we are, Jesus is present alongside. It invites us to ponder how we live our own family life.

*May this time of prayer with the Icon of the Holy Family,
be an experience of God's great love for us.
May this knowing of God's love for us give birth
to a revolution of tenderness in all families.*



Contemplating the Icon of the Holy Family

- Where does your eye first land when you look at the icon? And then where does it travel to, taking in the whole icon?
- How many colours do you see?
- See the pattern of colour without focusing. If you wear glasses, it may help to take them off.
- Is there movement in the icon or is it static?
- Put yourself in the icon. Become different figures or parts of the icon and see where you feel most comfortable.
- Give the icon a name which is a feeling word (Joy / Anger / Peace / Hurt...)
- Do you like the Icon? Why? Or why not?
- As you view the Icon, make up a little story. What has happened? What is happening? What is going to happen?
- Does it reflect your life in any way?
- Does it suggest any word of Scripture / poem / song?
- Stay with the face that most holds your attention and speak to the Lord about how it affects you.
- You might like to write down your insights, feelings or thoughts. Hold onto these and in the weeks ahead, every so often look back on these words and ponder how they speak to your everyday patterns of relating.

Writing a Petition

Near the Icon you will see petition slips and pens in a basket. You are invited to write your prayer intentions and put them in the Petition Box. From now until August, your petition will be prayed for by all the religious communities in Ireland. These will then be gathered and brought to the altar in Phoenix Park for the Closing Mass with Pope Francis.

Praying the Rosary for Families

Over these days of the visit of the Icon of the Holy Family to the diocese, you might like to pray the Rosary, here before the Icon or at home or out walking. During this time of prayer and reflection, please include these intentions in your prayer.

| Joyful Mysteries | Suggested Intentions |
|---------------------------------------------------|--------------------------------------------------------------|
| The Annunciation | For all who receive the news of pregnancy |
| The Visitation | For prisoners and their families |
| The Nativity | For all families |
| The Presentation | For all elderly people |
| The Finding of Jesus in the Temple | For all missing children and families waiting their return |
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| Sorrowful Mysteries | |
| The Agony in the Garden | For families who are suffering |
| The Scourging at the Pillar | For migrant and refugee families |
| The Crowning with Thorns | For all persons living with addiction |
| The Carrying of the Cross | For medical staff and carers |
| The Crucifixion | For those who are dying and their loved ones |
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| Glorious Mysteries | |
| The Resurrection | For those starting out in a new job / country |
| The Ascension | For those with missionary hearts |
| The Descent of the Holy Spirit | For those being confirmed this year |
| The Assumption of Mary | For all teachers |
| The Coronation of Mary, Queen of Heaven and Earth | For the care of the Earth, our Common Home |
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| Luminous Mysteries | |
| The Baptism of Jesus in the Jordan | For all who are baptised this year |
| The Wedding Feast at Cana | For those preparing for marriage and couples already married |
| Proclamation of the Kingdom of God | For all who witness the Good News by their lives |
| The Transfiguration | For all who pass on the faith by their enthusiasm |
| The Institution of the Eucharist | For priests |