

## **Recommended Way of Life for Catholic Consecrated Families**

**C** - Frequent Confession at least monthly.

**A** - Adoration of Blessed Sacrament as often as possible at least 1 hour per week.

**R** - Daily rosary especially family rosary.

**E** - Eucharistic Celebration (Mass) daily if possible besides the mandatory Sunday Mass and days of obligation.

**S** - Scripture reading and reflection daily if possible.