

SUGGESTIONS FOR NURTURING VOCATIONS

From the Earliest Years to the Primary Level:

- ❖ Attend Mass each Sunday.
- ❖ Help them to realize that prayer is a time to speak and listen to a loving God; let them see you pray.
- ❖ Show evidence of God's love for your child, other people, and the beauty of creation.
- ❖ Pray as a family at meals and at bedtime, when you travel, or have special needs.
- ❖ Read stories and talk about Jesus calling His Apostles to follow Him.
- ❖ Read and talk about Mary's "yes" to God.
- ❖ Give your children an age-appropriate Bible and a book about the saints when they first receive the Sacraments.
- ❖ Make a commitment for your child to receive religious education that will truly direct their lives.
- ❖ Eat dinner as a family.

From Intermediate to Junior High Level:

- ❖ Attend Mass each Sunday.
- ❖ Talk about using talents to serve others.
- ❖ Pray as a family for vocations to the priesthood and consecrated life.
- ❖ Provide literature or media about people who have responded to God's call to serve Him.
- ❖ Talk about the various roles the ministers in your parish provide.
- ❖ Engage in open and healthy conversations with your children about their hopes and dreams.
- ❖ Encourage them to participate in and contribute to parish and diocesan activities.
- ❖ Continue to keep family prayer as part of your daily life; invite your children to offer prayers.
- ❖ Eat dinner as a family.

From High School to Young Adult Level:

- ❖ Attend Mass each Sunday.
- ❖ Encourage your high school student to pray, reflect, and seek God's desire for their lives.
- ❖ Discuss all options for your child's future, including a life of service in Church ministry.
- ❖ Be honest and fair when you talk about vocations to the Church; there are sacrifices in every choice we make, just as there are also many rewards.
- ❖ Encourage your teens and young adults to participate in service projects offered by the parish or the diocese.
- ❖ If your teen or young adult has indicated an interest in the priesthood or consecrated life, encourage them to attend a discernment retreat or activity, or to visit one of the many Religious Orders in the diocese. Help them to find a mentor, perhaps your parish priest or a woman religious in a community nearby. Have them contact the archdiocesan Vocation Office (phone 713-652-8239 or email vocations@archgh.org) or visit their website for information (http://www.diogh.org/admin_vocations.htm).
- ❖ If they are away at school, encourage them to get involved with life at the university parish and campus ministry activities.
- ❖ Continue to pray for your children daily, especially during these years when they are making important decisions about their future.
- ❖ Eat dinner as a family.