

Learn 3 Rules to Get Your Family Started

Know the Five Levels of Family Life

Support Each Level with a Main Activity

Focus on a Special Place for Each Level

Use the Tools for Each Level

Take 3 Steps to Keep Your Family Inspired

1

Focus On One Another Instead of Self

Your family is made to live like the persons of the Holy Trinity! Family bonding leads to creativity & blessings.

2

Welcome, Listen & Serve

Practice heaven's posture throughout the 5 levels of family life to strengthen family bonds.

3

Seek Healing & Avoid Distractions & Addictions

The devil will try to use your weaknesses to destroy family bonds. Focus on people over things & activities.

Level 1: Faith Life
receiving the grace to be other-centered



Level 2: Person & Relationships
growing healthy people & relationships



Level 3: Household Economy
using our gifts to care for one another



Level 4: Family Culture
enjoying the fruits of our hard work



Level 5: Hospitality & Service
sharing our taste of heaven with others

Holy Sabbath
receiving God's life in communion & strengthening the gift by resting in it



Date Night
bringing communion into our marriage, which flows into all our relationships



Life Meeting
communicating weekly about what needs to get done to care for the family



Family Meals
getting together daily to enjoy one another & the fruits of our shared work



One Outreach
planning at least one small way to share our taste of heaven with others

Home Altar
a Trinity House has a special place to make the faith come alive every day



Quiet Places
we seek out quiet places - a walk, car ride, tuck-in - for a heart-to-heart



Workspaces
we work better with a dedicated place from which to commandeer our big to-do lists



Family Table
with a little attention, our family table can be an inviting place to celebrate together



Neighborhood
our neighborhood is the best place to begin reaching out to share heaven

Level 1 Tools

- > Go deep with tools on our website!
- > Personal Prayer
- > Family Prayer
- > Confession & More



Level 2 Tools

- > Theology of the Body
- > Personality Types
- > Communication Styles
- > Forgiveness & Healing
- > Spiritual Gifts & More



Level 3 Tools

- > Budgeting
- > Education & Work
- > Chores
- > Meal Planning
- > Home Projects & More



Level 4 Tools

- > Liturgical Living
- > Art & Music
- > Books
- > Pets & Nature
- > Sports & More



Level 5 Tools

- > Help Neighbors
- > Host Family & Friends
- > Parish Ministries
- > Community Service
- > Civic Engagement

1

Heaven in Your Home Workshop & Letters

Watch the Workshop & follow the weekly Letters to stay inspired & learn more about building your own Trinity House.

2

Heaven in Your Home Monthly Gathering

Join our monthly gathering of families for support. Or start one in your own parish!

3

Consecration to the Holy Trinity & Holy Family

Consider consecrating your home & family. Download the program from our website.