

# HOW TO FIND HEAVEN IN YOUR HOME

To learn more about the Trinity House Way, check out [TrinityHouseCommunity.org](http://TrinityHouseCommunity.org)

Learn **3 BASICS** to Get Your Family Started

Know the **5 LEVELS** of Family Life

Set a **KEY PRACTICE** for Each Level

Create a **KEY PLACE** for Each Level

Use a **KEY PRINCIPLE** for Each Level

Take **3 STEPS** to Keep Your Family Inspired

**1**

## Focus On One Another Instead of Self

Your family is a communion of persons, an image of the Holy Trinity! Family bonding results in a life of abundance.

**2**

## Welcome, Listen & Serve

Practice heaven's posture throughout the 5 levels of family life to strengthen communion among your family members.

**3**

## Seek Healing & Avoid Distractions & Addictions

Wounds & sins weaken family bonds & can even destroy your family as an image of God. Focus on people over things & activities.

### Level 1: Faith Life

receiving our communion from God's own life

### Level 2: Person & Relationships

deepening our communion with healthy people & relationships

### Level 3: Household Economy

caring for our communion with unique gifts & teamwork

### Level 4: Family Culture

enjoying our communion & the fruits of our hard work

### Level 5: Hospitality & Service

sharing our taste of heaven with others

### Holy Sabbath

receiving God's own communion in the Eucharist & resting in it together

### Date Night

bringing God's communion into our marriage, which flows into all our relationships

### Chore Day

meeting about what needs to get done for the family & doing even one hour of teamwork

### Family Meal

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

### One Outreach

planning at least one small way to share our communion with others

### Home Altar

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

### Quiet Place

from a cozy bedroom to a reading nook or backyard swing, we need quiet places for sharing our hearts

### Dedicated Workspace

we work better with a dedicated place from which to take charge of our big to-do lists

### Kitchen Table

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

### Our Neighborhood

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

### Surrender

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

### Presence

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

### Teamwork

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

### Initiative

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

### Abundance

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

**1**

## Follow the Heaven in Your Home Letters

Follow the weekly Letters to stay inspired & keep learning about building your own Trinity House.

**2**

## Join a Trinity House Community Group

Get the support your family needs from a Group in your area. Or start one at your parish!

**3**

## Consecrate Your Home & Family to the Holy Trinity

Invite God to make your family his dwelling place in a special way. Get the program on our website.

Learn more about building your own Trinity House at [trinityhousecommunity.org](http://trinityhousecommunity.org)!