

# HOW TO BUILD A TRINITY HOUSE & FIND HEAVEN IN YOUR HOME

Check out [TrinityHouseCommunity.org](http://TrinityHouseCommunity.org) to learn more about the Trinity House Way!



1

Focus On One Another Instead of Self

Your family is a communion of persons, an image of the Holy Trinity! Family bonding & sharing 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 Distraction & Addiction

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

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|  | <p><b>1: Faith Life</b><br/>receiving our communion from the heart of the Holy Trinity</p>                      | <p><b>Holy Sabbath</b><br/>receiving God's own communion in the Eucharist &amp; resting in it together</p>            | <p><b>Home Altar</b><br/>a Trinity House has a special place to make the faith come alive every day</p>                            | <p><b>Surrender</b><br/>when we surrender our will and do things God's way, we can build an authentic Trinity House</p>             | <p><b>Level 1 Tools</b><br/> <ul style="list-style-type: none"> <li>&gt; Go deep with tools on our website!</li> <li>&gt; Personal Prayer</li> <li>&gt; Family Prayer</li> <li>&gt; Confession &amp; More</li> </ul> </p>                                         |
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|  | <p><b>2: Person &amp; Relationships</b><br/>deepening our communion with healthy people &amp; relationships</p> | <p><b>Date Night</b><br/>bringing God's communion into our marriage, which flows into all our relationships</p>       | <p><b>Quiet Place</b><br/>from a cozy bedroom to a reading nook or backyard swing, we need quiet places for sharing our hearts</p> | <p><b>Presence</b><br/>being present to our loved ones is the most important step in growing healthy people &amp; relationships</p> | <p><b>Level 2 Tools</b><br/> <ul style="list-style-type: none"> <li>&gt; Theology of the Body</li> <li>&gt; Personality Types</li> <li>&gt; Communication Styles</li> <li>&gt; Forgiveness &amp; Healing</li> <li>&gt; Spiritual Gifts &amp; More</li> </ul> </p> |
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|  | <p><b>3: Household Economy</b><br/>caring for our communion with unique gifts &amp; teamwork</p>                | <p><b>Chore Day</b><br/>meeting about what needs to get done for the family &amp; doing even one hour of teamwork</p> | <p><b>Dedicated Workspace</b><br/>we work better with a dedicated place from which to take charge of our big to-do lists</p>       | <p><b>Teamwork</b><br/>sharing the load elevates the work of the home &amp; brings our family closer together</p>                   | <p><b>Level 3 Tools</b><br/> <ul style="list-style-type: none"> <li>&gt; Budgeting</li> <li>&gt; Education &amp; Work</li> <li>&gt; Chores</li> <li>&gt; Meal Planning</li> <li>&gt; Home Projects &amp; More</li> </ul> </p>                                     |
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|  | <p><b>4: Family Culture</b><br/>celebrating our communion &amp; enjoying the fruits of our hard work</p>        | <p><b>Family Meal</b><br/>getting together daily to be nourished &amp; enjoy one another's company</p>                | <p><b>Kitchen Table</b><br/>with a little attention, our family table can be an inviting place to celebrate together</p>           | <p><b>Initiative</b><br/>rather than giving in to consumer culture, we take initiative to build a rich, creative family culture</p> | <p><b>Level 4 Tools</b><br/> <ul style="list-style-type: none"> <li>&gt; Liturgical Living</li> <li>&gt; Art &amp; Music</li> <li>&gt; Books</li> <li>&gt; Pets &amp; Nature</li> <li>&gt; Sports &amp; More</li> </ul> </p>                                      |
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|  | <p><b>5: Hospitality &amp; Service</b><br/>sharing our taste of heaven with family, friends &amp; neighbors</p> | <p><b>One Outreach</b><br/>planning at least one small way to share our communion with others</p>                     | <p><b>Our Neighborhood</b><br/>our neighborhood is the best place to begin sharing heaven</p>                                      | <p><b>Abundance</b><br/>a perspective of abundance helps our family cultivate generosity with others</p>                            | <p><b>Level 5 Tools</b><br/> <ul style="list-style-type: none"> <li>&gt; Help Neighbors</li> <li>&gt; Host Family &amp; Friends</li> <li>&gt; Parish Ministries</li> <li>&gt; Community Service</li> <li>&gt; Civic Engagement</li> </ul> </p>                    |

To keep your family inspired, follow our [Heaven in Your Home Letters](#) & join or start the [Trinity House Community](#) at your parish!