THE FAMILY THAT EATS AND PRAYS TOGETHER . . .   
Back in the fifties, when I was growing up, there was a saintly priest that promoted the family rosary on radio and television. His name was Father Patrick Peyton, CSC. The slogan of the Family Rosary Crusade was “the family that prays together, stays together.” Many families prayed the rosary together daily, at the suggestion of Father Peyton. I would like to slightly adjust the slogan of Father Peyton. Could we add the importance of the family meal? Sociologists have studied the question of the effects of family meals. The good results from meals shared in common include better family relationships, better food choices, better grades, better portion control, greater happiness, relief of stress, less meal expense, and healthier kids. So can we add to Father Peyton’s slogan, “the family who prayers together and eats together, stays together!”? I am hoping that our increased time together at home as families during the pandemic will build good habits in us of prayer together as families, especially the rosary, and of meals shared together, too. The family that prays together, stays together! Eating together is a great help to our personal, spiritual and family health, too!

REMEMBERING OUR BROTHERS AND SISTERS IN HAITI   
Our parish Haiti committee just received word from the national twinning group that the first cases of the coronavirus have appeared on the island. Please keep the people of Haiti in your prayers. Please also remember the people in all of the developing countries. Please also try to continue to remember the people of our sister parishes with donations through the special Haiti envelopes that come in our bimonthly packets.   
  
God bless.   
Father Nick