

## Liturgical Living with the Hallow App

As part of our partnership with Catholic Parenting Initiative, the Hallow App is now being offered to parishioners for free. This app is a great tool to help your family build a daily habit of prayer. Below are a few of the features you might find helpful for your domestic church.

**Family Mass Prep:** Each week, the readings for the upcoming Sunday Mass are unpacked to help your children understand them. Included are reflection questions to discuss as a family. This is a great way to prepare for Mass, either the day before or on your drive to church.

**Daily Virtue:** Every week focuses on a different virtue to help us grow in holiness. There are daily audios to increase our knowledge of the weekly virtue and ideas on how to put the virtue into practice.

**Saints Alive:** Listen to a dramatized theater-style podcast that tells the stories of the Saints. Each podcast features the life story of a different Saint. This is a fun way to get to know the Holy Men and Women who are our friends in heaven.

**Kid's Holy Hour:** This guided Holy Hour can help little ones learn to pray during Eucharistic Adoration.

**Rosary for Families:** Join Sister Josephine Garrett as she leads your family through the rosary.

These are only a few favorites. There are dozens of additional great options for families, including: Kids Devotional, Teen Devotional, Bedtime Stories, Confession Prep, Daily Examen, and Guess that Saint game.

By joining our parish page on the Hallow App, you will also be able to pray with our Niagara Frontier Catholic Community. Keep an eye out for our first parish-wide prayer challenge coming in October!

If you haven't joined our parish on the Hallow App yet, scan the QR code to set it up now.