



ST. GERTRUDE
CHURCH



The Fridge Sheet: Sacred Space

In this month's session, we talked about setting up a sacred space in your homes—a space conducive to quiet prayer and reflection. We're challenging each family this month to set up their own sacred spaces in their homes. These can be as simple or elaborate as you wish, though it's usually best to start small and grow from there. You can utilize a table, bookshelf, corner of a room, or unused room in your house. Gather a few holy objects, prayer books, devotional items, candles, statues, images, and so forth. Make the space beautiful and set it apart from the rest of your house. Then, use the space as a "home" for personal prayer.