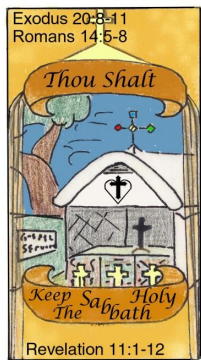


# Keeping the Lord's Day Holy

Do you need some quiet time? Do you need to reconnect as a family? Are you in need of renewal of body, mind, and spirit?



*God rested on the seventh day of Creation, not because he was tired, but because he wanted to give us an example of how to live. Jesus observed the Sabbath.*

*Let us follow Jesus' example, keeping the Sabbath holy.*

## How can you "Keep the Lord's Day Holy"?



Go to Mass

Go for a walk

Set aside time for family and personal prayer

Share a meal with family and friends

Do puzzles and play games as a family

Read a book

Rest - Take a nap



St. Mary's Parish  
[www.stmaryslgv.org](http://www.stmaryslgv.org)

