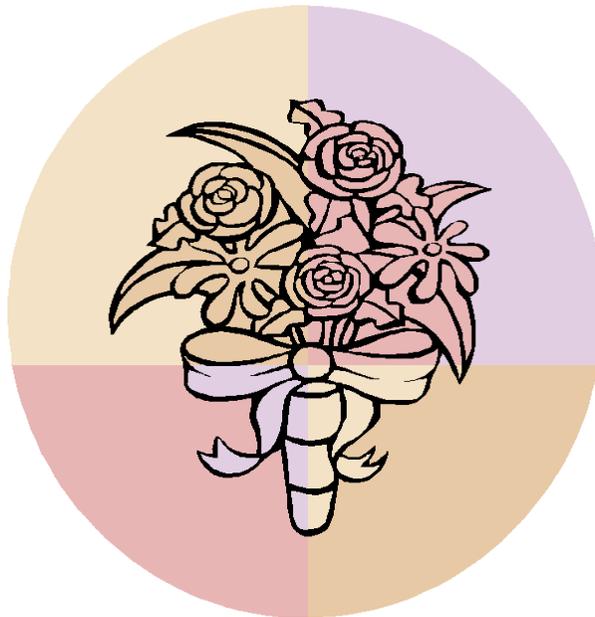


How to Make a Spiritual Bouquet



By Carol D'Annunzio
<http://www.simplecatholicliving.com/>

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About This E-Book

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Introduction

Several years ago, a dear friend of mine introduced me to the art of card crafting. Immediately I was hooked! I'm not a particularly creative person, but making cards brought out a creative side I didn't know I had. I also enjoyed the process of assembling, folding, cutting, writing, and gluing cards together. I also enjoyed the instant gratification that came with completing a lovely craft in only a short amount of time. Before long, I was cranking out cards for all sorts of occasions.

A couple of years later, I discovered spiritual bouquets. Actually, I was making spiritual bouquets before I even knew what they were. Whenever I made a card I also shared a little prayer and offered various prayers for the person I was making the card for.

Fast forward a couple years later to November 2010; I wrote a blog post on [how to make a spiritual bouquet](#). It quickly became my post popular post and to this day, two years later, it is still my all-time popular post.

And that is how this e-book came about. The blog post is great, but I wanted to write more detailed instructions to help people, like yourself, who are curious about spiritual bouquets or interested in learning how to make your own spiritual bouquet.

I pray that this e-book blesses you and all those for whom your spiritual bouquets are created. Feel free to contact me (email address at the end of the e-book) with any prayer requests and/or comments or questions in regards to anything you read in this book.

Carol

What is a Spiritual Bouquet?

A spiritual bouquet is nothing more than a homemade card with a list of prayers and/or devotions that the giver (creator of the card) offers for the recipient (receiver of the card).

Or to put it another way, a Spiritual Bouquet is a handmade card with efficacious prayers attached, made especially by the giver for the receiver.

Either way you put it, the card is as easy as can be to create and can be as simple or as elaborate as you want. Personally, I generally like to keep things on the simple side, and usually don't use a lot of images or go crazy with the design. But if you are the creative type and like to use lots of designs or images or collages, go for it!

Truth be told, you could even get a pre-made card and just add the prayers you plan to offer for the recipient and call it a spiritual bouquet.

Either way it doesn't matter. What makes spiritual bouquets special and unique are the prayers being offered for the other person and that each card is personalized for the recipient.

Keep in mind that a spiritual bouquet is more than a simple card. It is a gift of prayer that has eternal value that lasts much longer after they receive the card.

What is the perfect occasion for a Spiritual Bouquet?

You can give a spiritual bouquet for every occasion. Here are some suggestions to get the ideas flowing:

- Birthdays
- Get well
- New Year's
- Valentine's day
- St. Patrick's day
- St. Joseph's feast day
- Easter
- Mother's day
- Father's day
- Fourth of July
- The Assumption or other of Our Lady's feast days
- Back to School
- All Saint's day
- All Soul's day
- Thanksgiving
- Christmas
- New job or retirement
- Graduations or promotions

What You Need

Depending on the type of spiritual bouquet you want to make you will need different materials; however, here are some standard items you will want to have on hand when making physical cards:

- Card stock, poster board or even heavy construction paper
- Straight edge, such as ruler and/or cutting board
- Scissors or card knife
- Pens, crayons, markers or other writing utensils
- Glue (glitter glue, glue dots, etc.) or tape
- Stickers, photos, or even appropriate scrapbooking supplies

You can also make a card on the computer using a scrapbooking program or something like [Microsoft Publisher](#), [Paint.net](#), or [Ipiccy](#). I personally use a [collage maker](#) that I won in a blog giveaway and I LOVE it. (Keep in mind it is a little pricy if you want to buy the software.)

You will also need a message and the prayers and/or devotions that you will offer for the person getting the card. Some suggestions include:

- Masses and/or communions
- Rosaries (or a number of Our Fathers, Hail Mary's or Glory be's)
- Divine Mercy Chaplets
- Novenas to saints
- Time in adoration
- Act of Faith, Act of Hope or Act of Love

How to Assemble Your Spiritual Bouquet

This is the fun part! Now that you know have decided for whom the card is for, what occasion the card is for and have gathered the supplies you need, it's time to get that card made. ☺

What's even better is that putting together a spiritual bouquet couldn't be easier.

If you are making the spiritual bouquet by hand, all you need to do is fold the cardstock in half to make it into a card, decorate it at your discretion with stickers, images, drawings, etc and write a message inside to the recipient. Then all you have to do is mail or give the card to the person. ☺ Sometimes I don't fold the paper; rather, I make a spiritual bouquet "poster" where the message and decorations are on the same page.

If you use a computer software program, making a spiritual bouquet is just as easy. Just follow the steps for creating a greeting card or scrapbook page in your software program.

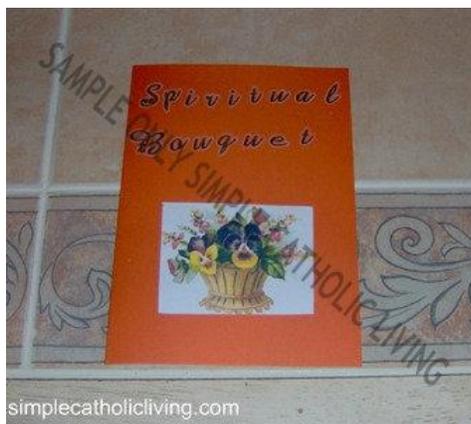
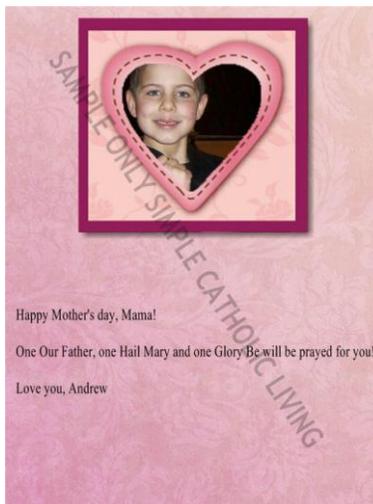
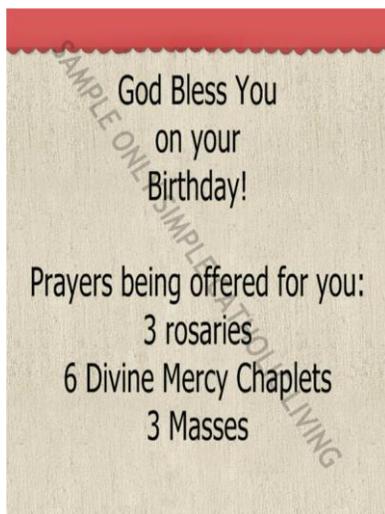
What's nice about the computer software programs is that all of them have templates and built-in clipart and images that you can use to design your spiritual bouquet. Or, you may have the option to draw and/or create your own design using the drawing tools included with your software program.

Ultimately, there is no right or wrong way to creating a spiritual bouquet. Just let your heart and creative talent lead you. It doesn't matter what the design is, what matters are the prayers being offered for the person.

Examples of Spiritual Bouquets

To give you an idea of different kinds of spiritual bouquets, here are some examples of spiritual bouquets I've made (or my son) has made in the past. As you'll see, I keep my cards on the simple side. A lot of that has to do with the fact that I'm not particularly creative (!) but it also has a lot to do with the fact that I like things most things simple and streamlined and that comes out in the things I create.

Still, I hope these examples will spark some ideas for you and get you started in creating your own spiritual bouquets.



Conclusion

As you've seen, making a spiritual bouquet is a fun and easy way to show someone you care. It is a great activity to do alone or together with your children and family. I pray that creating spiritual bouquets blesses not only the recipient of your spiritual bouquets, but you as well!

Resources

For even more information, resources and examples of spiritual bouquets, I encourage you to visit the following websites:

<http://www.simplecatholicliving.com/>

http://www.ewtn.com/CatholicCrafts/spiritual_bouquet.htm

http://www.ehow.com/how_8396376_make-spiritual-bouquet-card.html

Prayer Resources

Here are some prayer resources for inspiration and ideas for prayers to include in your spiritual bouquet. (And also handy for the prayers you don't know by heart. ☺)

<http://www.ewtn.com/devotionals/prayers/index.htm>

<http://www.catholic.org/prayers/>

<http://www.catholic-prayer-life.com/>

<http://www.ourcatholicprayers.com/>

About Carol D'Annunzio



Carol D'Annunzio lives a simple, quiet life as a child of God, wife, homeschooling mother, homemaker and writer. She is blessed with a wonderful husband and an active little boy.

Carol has been featured on Ezinearticles.com and blogs at <http://www.simplecatholicliving.com/>.

Let's Connect!

I'd love to hear from you. If you have any questions, comments or (constructive!) criticism please feel free to contact me at carol@simplecatholicliving.com.

Where to find me on social media:

Don't forget to friend / follow me on the following social media sites. I will do my best to follow you back as soon as possible!

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