

For families, kids, and middle schoolers! From Faith Formation

Color Index:UnderPurple -Liturgyto ideaBlue - Intercessory PrayerwebsitRed - Family ServiceOrange - Service outside the FamilyGreen - PrayerLight Blue - Growing in Faith

Underlined phrases link to ideas on our parish website or the internet Once you complete a square, X it off. Want a challenge? Go for the entire board! Turn in (take a photo or scan) to Susan Bippley (sbippley@stfrancisholland.org)

ght Blue - Growing in Faith Name(s):				
Find a new prayer to pray regularly ( <u>find ideas on the</u> <u>USCCB website</u> )	Call or write a card for an extended family member or friend	Help your family make dinner	Pray a Rosary or the Divine Mercy Chaplet	Participate in a live-stream or broadcast Sunday Mass <u>stfrancisholland.org</u> or <u>facebook.com/</u> <u>sfdsholland</u>
Learn about the seven gifts of the Holy Spirit. Which one do you think you most need right now?	Help your family with the dishes or the laundry	If you don't have one already, set up a <u>family prayer</u> <u>space.</u> Change the purple from Lent to white for Easter.	If you are a family who is financially able, tithe to the church or donate to St. Vincent de Paul*	Pray for doctors, nurses, and all those who work in the medical field
Try praying Lectio Divina together as a family, using the gospel for the next Sunday <u>(resource here)</u>	Pray Liturgy of the Hours (Night Prayer is the easiest place to start, especially for children); use your own resource or use <u>ebreviary.com</u>	Watch together <u>this 6-minute</u> <u>video</u> explaining the Eucharist	Play a game with a sibling or with your whole family	Clean-up trash in your neighborhood (Be safe and wear gloves, of course!)
Pray for those who are out of work or have lost part of their income due to the virus	Watch something (appropriate for your age) on <u>FORMED</u>	Chalk your walk or decorate a window to bring joy to others	Practice "The Gift of Silence" in your family prayer time. <u>Resource here (in English)</u> .	Clean part of your house
Watch a daily Mass online. (Many live- streams available!) Talk with your family how this differs from a Sunday Mass.	Pray in Eucharistic Adoration (many live-streams available!)	Pray for those who have contracted the virus and their family members	Write a card to one or both of our parish priests and pray for them	Practice (or learn) as a family <u>how to find a</u> <u>Bible passage</u>

Items with an \* may be limited to who can complete them. If you are unable to complete these because of the conditions, they can be a free space.

Some items might be able to be completed simultaneously.

\*\* Thank you to St. Francis of Assisi parish in Manitowoc, Wisconsin, for the original idea\*\*