

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**