

ADDITIONAL SUMMER IDEAS



TAKE THE HOLY FATHER'S ADVICE

"Waste time together as a family," has been advice offered continually by Pope Francis. The time we spend together whether at work or play is designed by God to allow us to be a "communion of persons" made in the image of our Triune God. So, embrace this time to build strong relationships.

For Younger Children:

- Take turns choosing a favorite board game
- Play an outdoor game or create your own
- Go for a walk, jog, run, bike ride, hike
- Enjoy High Tea
- Begin a new family hobby or tradition
- Safely care for nature's animals by providing food & water
- Take turns saying Grace at meals

For Middle School/High School Youth:

- Start a project together
- Explore the great outdoors on a nature walk

- Offer to mow lawns, shovel or do yard work (at home or in the community)
- Build a garden
- Clean up the street or neighborhood
- Cook a meal together
- Join a ministry at Church
- Read and discuss the Bible
- Have a social visit with an elderly family member, friend or neighbor
- Learn Lectio Divina

[Beginner's Guide to Lectio Divina](#)

Creating a “church in the home” is not an unachievable task. Here are a few suggestions for building church within the home:

- Pray daily as a family
- Read the Daily Mass readings together and discuss them
- Create a domestic shrine as a center of prayer
- Stay connected to your parish via social media and other communication channels
- Gather together for meals

[More Resources and Suggestions](#)

SPIRITUAL NOURISHMENT AT HOME

Offer Spiritual Bouquets - Families can design cards listing the prayers to offer to a recipient (nursing homes, first responders, relatives, health care workers, priests, etc.)

Pray the Rosary - The rosary is a powerful devotion for families. Help children make their own, by following guides you can find online. Make extras to send to relatives and those in need.

Bring Prayer to Your Backyard - Purchase a statue of Jesus, Mary or a saint who is important to your family. Then create a garden or special location in your yard to place the statue. Pray together regularly.

Learn More About Saints - There are countless holy men and women who devoted their lives to care for those in need during times of sickness, pandemic and plague, such as The Four Holy Marshals, St. Damien of Molokai and the Fourteen Holy Helpers. Research books, articles and videos that explore their lives.

Sources:

- <https://catholiclife.dioc.org/2020/03/26/family-time-ideas-during-quarantine/>
- <https://www.dosp.org/nurturing-the-domestic-church/>
- <http://www.kofc.org/en/news-room/knightline/special-edition/week-of-april-13/ideas-building-domestic-church.html>



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