



TECH-LESS SUMMER

A Guide for
Family Faith Activities

2020





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INTRODUCTION

HI THERE!

We've assembled this resource for you because we believe in the importance of intentional, faith-filled family life.

During this time when access to the sacraments and other parish-building-based faith experiences may be limited, our very real human need for various forms of spiritual nourishment remains. Many of us long for authentic human connection and are increasingly tired of technology and "screen time." Meanwhile, "stay-at-home" and "safer-at-home" practices have provided an unexpected blessing: increased opportunities for quality time with those in our respective households. This summer, make a commitment to put down the electronics and spend time with your family encountering God's love and beauty in other ways.

Here you'll find some fun, "tech-less" faith activities to help strengthen your Catholic family life. To share valuable information, it was necessary to include links*, but no online meetings - we promise! Most activities can be repeated or revisited, and we hope they inspire you to get creative and come up with some of your own.

May this be a great time of growth and renewal for Catholic families of the Diocese of Manchester!

MOST HOLY FAMILY, PRAY FOR US!



**SOME
TECH-LESS
SUMMER ACTIVITIES**

SUMMER STRATEGY

In his book [The Three Big Questions for Frantic Families](#), Patrick Lencioni shares that families significantly enhance family life by being intentional about values and priorities. Summer is a perfect time to think strategically about family and individual goals. Follow links below to begin more intentional family living today!

[Book Summary](#) | [Creating Your "Family Scoreboard"](#)

KEEP A FAMILY I DID IT JAR

Boost communication, build self-esteem, and encourage positive behavior: Once a day, ask children "What's one thing I accomplished today?" and "How do I feel about it?" Record on a slip of paper and place it in the jar. Review and celebrate contents of the jar at the end of each week. (From WBUR's [Circle Round](#) podcast.)

[Activity details \(scroll down to "activity two"\)](#)

DISCERN GIFTS AND INTERESTS

Have conversations with children over the course of a few days, helping them to identify some of their interests and God-given gifts, then complete the following "Here I Am, Lord" sheet. Do your own along with your child(ren) and revisit the activity throughout the summer.

["Here I Am, Lord!" Worksheet](#)

TECH-LESS CHALLENGE

Complete the Tech-Less Challenge sheet below. Designate a portion of each day, a weekend day, a full weekend, or more as screen-free time, identifying how you will make the most of that time as a family. You may also explore ideas at the link below to find some ways to fill your tech-less time.

[Some Tech-Less Family Activities](#) | [Tech-Less Challenge Sheet](#)

SHARE FAMILY STORIES

Studies have demonstrated the importance of families sharing their own history and stories together. Set a recurring event on the family calendar for "family story night," for all to gather and share stories about "who we are" and "where we come from." For information and ideas on this topic, visit the following article.

[CreativityPost.com: Family Life Stories with Kids](#)



PRACTICE VIRTUE TOGETHER

At Sunday dinner, choose a virtue that will be a focus for the whole family during the upcoming week. Be mindful of it each day, check in at meals or before bed, encourage one another, and highlight examples of that virtue as it may be seen in kids' books or in a family member, for example.

[Overview of the Cardinal & Theological Virtues](#)

CREATE A BAPTISM CALENDAR

Call the parish of baptism for each member of the family & record the date. Then, decorate the following "Family Baptism Chart" (additionally, many phones allow you to add special dates/reminders to contacts). Discuss the importance of baptism and celebrate each anniversary as it comes around!

[Article on "What Happens at Baptism"](#) | [Family Baptism Chart](#)

FOSTER FAITH WITH FOOD

Select a date and saint/celebration from the list further on in this resource. Learn about the saint and/or the occasion and make dinner from the saint's country of origin or inspired by the day (Polish Pierogis on St. Maximilian Kolbe's feast, for example). Discuss the saint as you prepare and share the meal together, say grace, and thank God for His many blessings.

KEEP THE FAITH FRESH

Schedule at least one 15 minute block of time per week to learn or review faith formation materials that may have been discussed recently in your parish's faith formation program for your child(ren). If you are not sure where to turn, contact your parish for assistance. You may also check our "Faith Formation in the Home Resources" page.

[List of Parish Contact Info](#) | [Faith Formation Resources](#)

PRACTICE THE CORPORAL WORKS OF MERCY

Jesus calls each of us to pour out our lives in love for those around us. The Corporal Works of Mercy are physical acts of charity Jesus calls us to live out as Christians. Make two appointments as a family: one to learn about the corporal works; another to act on a selected work in your community. Check out the site below for more info and some ideas.

[The Corporal Works of Mercy.](#)

DONATE FOOD

Include children in taking an inventory of non-perishable foods in the home to identify those items you may be able to donate to the NH Food Bank. Review the "Most Needed Items" web page below, discuss with and intentionally include children in shopping for items from that list.

[Most Needed Items](#)

CARE FOR OUR COMMON HOME

Pope Francis' encyclical, "Laudato Si, on Care for Our Common Home," turned 5 on May 24, 2020. Make at least one commitment as a family to take better care of the earth, our "common home." A page below has some ideas, as well as info about a "challenge" by the Sisters of Mercy of the Americas.

["Mercy Earth Challenge" Webpage](#) | [Pope Francis Anniv. Prayer](#)

VOLUNTEER WITH NH CATHOLIC CHARITIES

There are a number of volunteer opportunities available through the various services offered by NH Catholic Charities (NHCC). While certain restrictions are in place due to the pandemic, consider contacting NHCC regarding remote opportunities for works of mercy that may be available.

[Contact NHCC Regarding Available Work of Mercy Opportunities](#)



CIVIC AWARENESS & SERVICE

DISCUSS CATHOLIC SOCIAL TEACHING

Catholic Social Teaching (CST) is "a rich treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society" ([source](#)). Visit the following site, choose one of the CST themes, and view and discuss the included resources to learn more about how our faith connects us to all people.

[CST Videos & Materials](#)

WRITE LETTERS

In this digital age, isn't it so nice to get a genuine, personal letter? Take some time with children to choose a recipient and help them compose and send a letter. Your pastor, a grandparent, a cousin - so many possibilities! With teens, perhaps this could be a letter advocating for a cause to a local politician.

PRAYER & EVANGELIZATION

MAKE OR UPDATE A PRAYER CORNER / HOME ALTAR

"Creating a space that is set aside for prayer in your home will improve the prayer life of your family. Prayer spaces can be as simple or elaborate as you want. Work with your family to choose a space, erect holy images or statues, add some candles and dedicate it strictly for prayer. Once you have created your prayer space, set aside some time for daily prayer together" ([source](#)).

[How to Set Up a Home Altar](#)

PRACTICE THE SPIRITUAL WORKS OF MERCY

The Spiritual Works of Mercy are prayerful and loving acts Jesus calls us to live out as Christians. Make two appointments as a family: one to learn about the spiritual works; another to act on a selected work in your community. Check out the site below for more info and some ideas.

[The Spiritual Works of Mercy](#)

PRAY WITH THE HOLY FATHER

Take some time as a family at the beginning of every month to discuss the Pope's intention. Remember to lift up Pope Francis' intention during family prayer time each day.

[Information and List of the Pope's Intentions for 2020](#)



PRAY TO SHARE THE FAITH

There is a funny saying: "If Jesus is in your heart, please inform your face!" As Christians we are called to evangelize - we share in the Church's mission to spread the Good News of Jesus Christ. Dedicate time during family prayer to ask the Holy Spirit to guide you as you seek to share the faith with those beyond your home. Pray the prayer to the Holy Spirit in this guide, and view the following web page for some ideas on how to share your Christian joy with others.

[USCCB: The Family and the New Evangelization](#)

ROSARY TOUR

Grab a handful of rosary beads, hop in the car, and make an adventure out of this key Catholic devotion! Locate & visit statues of Mary on public property in your area, praying a decade of the rosary at each stop. If you aren't aware of 5 local statues, say decades in the car between stops, or simply go for a family walk and say the rosary on your way.

[How to Pray the Rosary.](#)



**LIST OF SUMMER
LITURGICAL
CELEBRATIONS**

JUNE & JULY, 2020

Wednesday, **June 24**, 2020 – Solemnity of the Nativity of Saint John the Baptist

[Information](#)

[Mass Readings](#)

Monday, **June 29**, 2020 – Solemnity of Saints Peter and Paul, Apostles

[Information](#)

[Mass Readings](#)

Friday, **July 3**, 2020 – Feast of St. Thomas the Apostle

[Information](#)

[Mass Readings](#)

Saturday, **July 11**, 2020 - Memorial of Saint Benedict, Abbot

[Information](#)

[Mass Readings](#)

Tuesday, **July 14**, 2020 - Memorial of Saint Kateri Tekakwitha, Virgin

[Information](#)

[Mass Readings](#)

Wednesday, **July 15**, 2020 - Memorial of Saint Bonaventure, Bishop and Doctor of the Church

[Information](#)

[Mass Readings](#)

Wednesday, **July 22**, 2020 - Feast of Saint Mary Magdalene

[Information](#)

[Mass Readings](#)

Saturday, **July 25**, 2020 - Feast of Saint James, Apostle

[Information](#)

[Mass Readings](#)



JULY & AUGUST, 2020

Wednesday, **July 29, 2020** - Memorial of Saint Martha

[Information](#)

[Mass Readings](#)

Friday, **July 31, 2020** - Memorial of Saint Ignatius of Loyola, Priest

[Information](#)

[Mass Readings](#)

Saturday, **August 1, 2020** - Memorial of Saint Alphonsus Liguori, Bishop and Doctor of the Church

[Information](#)

[Mass Readings](#)

Tuesday, **August 4, 2020** - Memorial of Saint John Vianney, Priest

[Information](#)

[Mass Readings](#)

Thursday, **August 6, 2020** - Feast of the Transfiguration of the Lord

[Information](#)

[Mass Readings](#)

Saturday, **August 8, 2020** - Memorial of Saint Dominic, Priest

[Information](#)

[Mass Readings](#)

Monday, **August 10, 2020** - Feast of Saint Lawrence, Deacon and Martyr

[Information](#)

[Mass Readings](#)

Tuesday, **August 11, 2020** - Memorial of Saint Clare, Virgin

[Information](#)

[Mass Readings](#)

AUGUST, 2020

Friday, **August 14**, 2020 - Memorial of Saint Maximilian Kolbe, Priest and Martyr

[Information](#)

[Mass Readings](#)

Saturday, **August 15**, 2020 – Solemnity of the Assumption of the Blessed Virgin Mary

[Information](#)

[Mass Readings](#)

Thursday, **August 20**, 2020 - Memorial of Saint Bernard, Abbot and Doctor of the Church

[Information](#)

[Mass Readings](#)

Friday, **August 21**, 2020 - Memorial of Saint Pius X, Pope

[Information](#)

[Mass Readings](#)

Saturday, **August 22**, 2020 - Memorial of the Queenship of the Blessed Virgin Mary

[Information](#)

[Mass Readings](#)

Monday, **August 24**, 2020 - Feast of Saint Bartholomew, Apostle

[Information](#)

[Mass Readings](#)

Thursday, **August 27**, 2020 - Memorial of Saint Monica

[Information](#)

[Mass Readings](#)

Friday, **August 28**, 2020 - Memorial of Saint Augustine, Bishop and Doctor of the Church

[Information](#)

[Mass Readings](#)

AUGUST & SEPTEMBER, 2020

Saturday, **August 29**, 2020 - Memorial of the Passion of Saint John the Baptist

[Information](#)

[Mass Readings](#)

Thursday, **September 3**, 2020 - Memorial of Saint Gregory the Great, Pope and Doctor of the Church

[Information](#)

[Mass Readings](#)

Tuesday, **September 8**, 2020 - Feast of the Nativity of the Blessed Virgin Mary

[Information](#)

[Mass Readings](#)

Wednesday, **September 9**, 2020 - Memorial of Saint Peter Claver, Priest

[Information](#)

[Mass Readings](#)

Monday, **September 14**, 2020 - Feast of the Exaltation of the Holy Cross

[Information](#)

[Mass Readings](#)

Tuesday, **September 15**, 2020 - Memorial of Our Lady of Sorrows

[Information](#)

[Mass Readings](#)

Wednesday, **September 16**, 2020 - Memorial of Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs

[Information](#)

[Mass Readings](#)

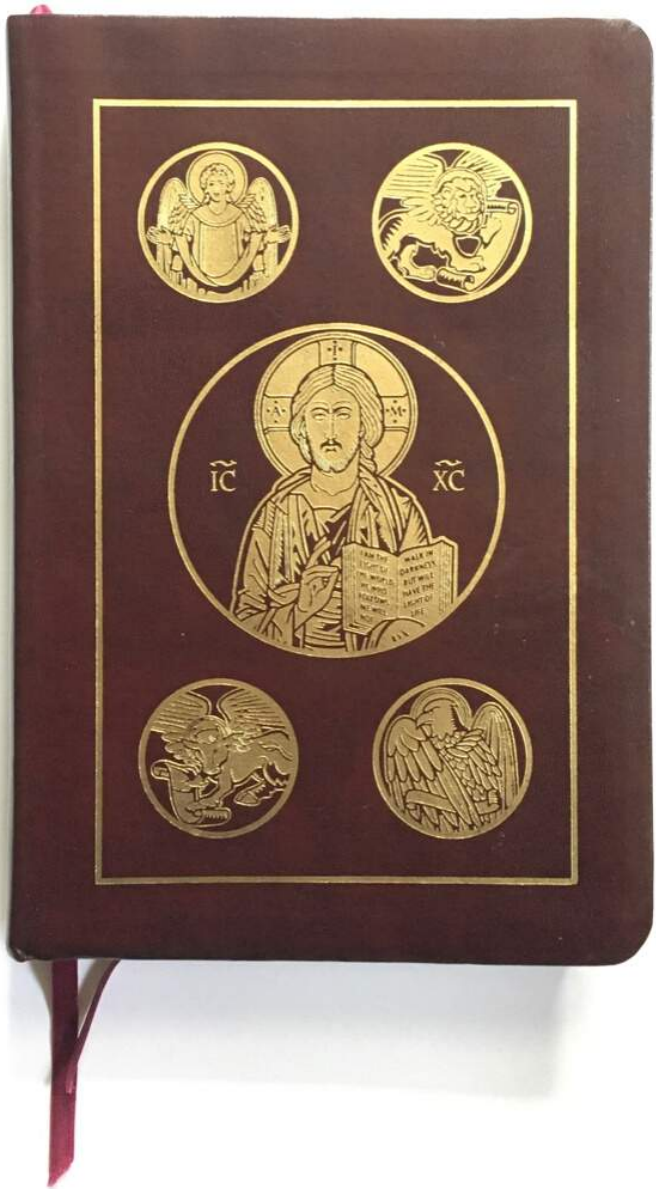
Monday, **September 21**, 2020 - Feast of Saint Matthew, Apostle and Evangelist

[Information](#)

[Mass Readings](#)



**ADDITIONAL
RESOURCES**



SCRIPTURE READINGS
FOR THE MASS OF THE DAY

**PRAYER TO
THE HOLY FAMILY**

(Pope Francis, from *Amoris Laetitia*)

Jesus, Mary and Joseph,
in you we contemplate
the splendor of true love;
to you we turn with trust.
Holy Family of Nazareth,
grant that our families too
may be places of communion and prayer,
authentic schools of the Gospel
and small domestic churches.
Holy Family of Nazareth,
may families never again experience
violence, rejection and division;
may all who have been hurt or scandalized
find ready comfort and healing.
Holy Family of Nazareth,
make us once more mindful
of the sacredness and inviolability of the family,
and its beauty in God's plan.
Jesus, Mary and Joseph,
graciously hear our prayer.
Amen.



PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful
and enkindle in them the fire of your love.

Send forth your Spirit and they shall be created.
And you shall renew the face of the earth.

Let us pray. O God, who by the light of the Holy Spirit,
did instruct the hearts of the faithful, grant us in the
same Spirit to be truly wise and ever to rejoice in His
consolation. Through Christ our Lord. Amen.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer
you my prayers, works, joys, and sufferings of this day
for all the intentions of your Sacred Heart, in union
with the Holy Sacrifice of the Mass throughout the
world, for the salvation of souls, the reparation of sins,
the reunion of all Christians, and in particular for the
intentions of the Holy Father this month. Amen.

ST. MICHAEL PRAYER

St. Michael the Archangel, defend us in battle. Be our
defense against the wickedness and snares of the
Devil. May God rebuke him, we humbly pray, and do
thou, O Prince of the heavenly hosts, by the power of
God, thrust into hell Satan, and all the evil spirits, who
prowl about the world seeking the ruin of souls. Amen.

GUARDIAN ANGEL PRAYER

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.

Amen.

PEACE PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

○ divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Amen.

GRACE BEFORE & AFTER MEALS

Before: Bless us, O Lord! and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

After: We give Thee thanks for all Thy benefits, O Almighty God, who lives and reigns world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

APOSTLES CREED

I believe in God, the Father Almighty,
Creator of Heaven and earth;
and in Jesus Christ, His only Son Our Lord,
Who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into Hell;
the third day He rose again from the dead;
He ascended into Heaven, and sitteth at the right hand of
God, the Father almighty;
from thence He shall come to judge the living and the dead.
I believe in the Holy Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body and life everlasting.
Amen.

NICENE CREED

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin
Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and
glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.

ANGELUS

(Often prayed at noon; Traditionally also prayed at 6 am & 6 pm; L= Leader; R= Respondents; A= All)

L: The Angel of the Lord declared unto Mary
R: And she conceived of the Holy Spirit.

A: Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

L: Behold the handmaid of the Lord
R: Be it done unto me according to Thy word.

A: Hail Mary...

L: And the Word was made Flesh:
R: And dwelt among us.

A: Hail Mary...

L: Pray for us, O Holy Mother of God,
R: that we may be made worthy of the promises of Christ.

L: Let us pray:

A: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

Catholic Parenting Resources

The Messy Family Project

"How to Have a Spiritually Fruitful Summer When Your Kids are Home From School"

Blessed is She

List of additional family activities curated by
Diocese of Manchester: Secretariat for Catholic Formation

National NFP Awareness Week

USCCB

Parent Encouragemnt Handout - Eng. | Sp.

Diocese of Manchester: Secretariat for Catholic Formation

Parent Guide for Sacramental Ministries

Diocese of Manchester: Secretariat for Catholic Formation

Religious Freedom Week

USCCB

Summary of the "Four Tasks of the Family"

Diocese of Manchester: Secretariat for Catholic Formation

Saint Stories for Kids (podcast)

Shining Light Dolls

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