

LESSON 2 FAMILY ACTIVITY

When your family celebrates Mass each Sunday with your parish family, you hear God's Word; give thanks to God for his many gifts, especially Jesus; and receive the Body and Blood of Christ. All of Sunday is the "Lord's Day." In addition to going to Mass, we rest from work, spend time with God and with the people in our lives, and take time to enjoy life.

As you look at the possibilities below, circle three that your family will do during the next few Sundays. Take a picture of your family doing one of them and paste it on this page.

Invite another family to your home for dinner and games.

Make cookies for someone who is lonely or ill.

Take a walk, enjoying God's world.

Talk about what you want to remember from the Sunday homily.

Create an "I am thankful for _____" poster.

Read a book together that helps you learn more about Jesus.

Call or video chat with a relative or friend you haven't seen in a long time.

Visit someone in a nursing home.

Write thank-you notes to people important to you.

Read a psalm together. Then write your own family psalm.



FAMILY PRAYER

Write a family prayer to pray each Sunday, then decorate it and place it on your dinner table. You might want to use some of these words or phrases: *family day; your Word; thank you; the Lord's Day; love; goodness; celebrate; Jesus' Resurrection; with you; be close; blessings; week ahead; how to live; every moment.*