

Suggested Events and Activities

A. Encountering Others at Home

- Prepare and slowly eat a favorite family meal (be sure to say grace!); if May 20 is chosen as your date, include a birthday cake as dessert (in recognition of the Church's birth).
- Interrupt your normal schedule at least once during the week in order to share media-free time together as a family.
- Visit an elderly or a sick person; listen attentively.
- Visit someone who is grieving the loss of a loved one, bring them a meal.
- Enjoy a family movie night together – discuss the content afterwards.

To find an appropriate movie, see:

www.screenit.com

www.teachwithmovies.org

- View old family photos or videos together – A great way to remember good times and look for images that reflect your family's involvement in the faith: Baptisms, First Confessions, First Communions, Weddings, Christmas crèches, etc. Reflect together on this question: how does the faith inform the way we relate to each other?
- Reflect on the readings for the daily Masses during the week. How does Jesus interact with others?
- Take your children to visit their godparents, grandparents, a sick or aged friend or neighbour, a lonely relative or friend.
- As a way of commemorating the importance of your own faith and the birth of the Church at Pentecost, send a note to the priest who baptized you or your children (be sure to include a photo); if the priest is deceased say a prayer for the repose of his soul.
- As an act of thanksgiving for the gift of faith, pray for the repose of the soul of a deceased relative, pastor or teacher who was instrumental in communicating the faith to you.
- Make a visit to the Blessed Sacrament; reflect on the fact that Jesus makes Himself perfectly present to us at all times. If you have children, discuss this reality with them.

- Read Scripture together; light a candle to serve as a visible symbol of God's presence.
- In preparation for the "Week", participate in the National March for Life in Ottawa (May 10, 2018) or another similar provincial or local event.

B. Encountering Others in the Parish:

- Share coffee and birthday cake after your last Sunday Mass on Pentecost Sunday; allow ample opportunity for fellowship.
- Host a parish movie night; provide some time afterward for discussion. Invite parish youth to prepare and serve drinks and snacks during the movie.
- Mount an exhibit of photographs reflecting the role of the Faith in the life of your parishioners and/or the of the parish community in the life of the broader community. Offer prizes as a way of providing incentive to participate, e.g. a prize for the oldest photo, the funniest photo, the most moving photo, etc.
- Invite your Knights of Columbus Council or parish youth group to organize a free breakfast for the mothers and families of the parish in recognition of Mother's Day (Ascension, May 13).