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## SUGGESTED EVENTS AND ACTIVITIES

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#### A. At Home

- Prepare and eat a favorite family meal (be sure to say grace!);
- Visit an elderly or a sick person;
- Gather up unused clothing and take it to a homeless shelter or St. Vincent de Paul Society;
- Ask for forgiveness or extend forgiveness to someone who has wronged you;
- Visit someone who is grieving the loss of a loved one, bring them a meal;
- Pray for the intentions of a stranger in need of prayers: for instance someone in the news.
- Plant a seedling or buy a small plant and allow the children to see it grow as it is fed, watered and sunned.
- Enjoy a family movie night together – see an appropriate movie focusing on the theme of self gift, and discuss the content afterwards.

**To find an appropriate movie, see:**

[www.screenit.com](http://www.screenit.com)

[www.teachwithmovies.org](http://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 has the faith sustained us in the past.
- Over the week, as a couple or as a family read together the Reflection of Pope Francis on St. Paul's Hymn to Love found in [Amoris Laetitia, Chapter 4](#), paragraphs 89-119. (If you had this reading at your wedding point this fact out to your children. If you have a video of this reading being proclaimed at your wedding, show it to your children).
- Reflect on the readings for the weekday Masses during the week;

- Have your house blessed; if you do not have one, purchase a crucifix and put it up in a place of honour in your home;
- Take your children to visit their godparents; grandparents, a sick or aged friend or neighbor, a lonely relative friend.
- As an act of thanksgiving, think of a religious or secular song loved by a deceased parent or grandparent. Sing it with or without an audience!
- 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 a family, participate in a weekday Mass.
- Pray a few decades of the rosary or the Mercy Chaplet together as a family – invite some friends or neighbors to join you.
- Participate in the National March for Life in Ottawa (May 11, 2017) or another similar provincial or local event;

#### **B. In the Parish:**

- Host a parish movie night featuring a movie focusing on the theme of self gift; provide some time afterward for discussion. Invite parish youth to prepare and serve drinks and snacks during the movie.
- Mount an exhibit of family pictures reflecting the role of the Faith in the life of your parishioners. 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.
- Have the parish youth group mount a breakfast for their parents or the Knights of Columbus mount a breakfast for their wives (on Mother`s Day) and invite other Moms and Dads.
- Weather permitting, organize a group of parishioners to prepare parish grounds and plant flowers or seedlings.