

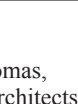

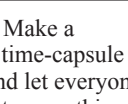






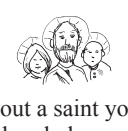
















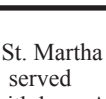





JULY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|--|
| 1  Pray the "Glory Be" as a family in honor of the Blessed Trinity. | 2  Bless each child this morning before the day's activities begin. | 3  Honor St. Thomas, patron saint of architects, by making a house out of marshmallows and toothpicks. | 4  Happy 4th of July! Offer a family prayer for troops overseas. | 5  Make a time-capsule and let everyone contribute something: family photos, holy cards, keepsakes. Open it at the end of the summer. | 6  Attend First Friday Mass or Benediction as a family. | 7  Draw pictures of your favorite sacred images – saints, crosses, angels – and put them up around your home. |
| 8  After Mass today, write a family prayer to say every Sunday this summer. | 9  Recite the Apostle's Creed as an act of faith. | 10  Visit a nearby park and enjoy God's creation. Don't forget the sunscreen. | 11  Catch fireflies in a jar. Release them before you go to bed. | 12  Learn about a saint you don't already know and devise ways to imitate him or her. | 13  Family Fun Night: Play board games, sing songs, eat popcorn together. | 14  In honor of St. Kateri Tekakwitha, take a nature walk. |
| 15  Say a prayer for someone going through a difficult time today. | 16  Go stargazing. Lie on a blanket in your backyard together and gaze at the night sky. | 17  Pray together for a person in the news. | 18  Take a family vow to speak only kind words today. | 19  Attend daily Mass today. Pray for your family. | 20  Abstain from TV as a Friday sacrifice. | 21  In honor of St. Joseph, do something nice for your father. |
| 22  Listen carefully to Father's homily at Mass today and talk about something you learned. | 23  Share a story about Jesus with someone else, just like the Apostles did. | 24  Make one positive choice today that will make a difference at home. | 25  Serve fish tonight for dinner in honor of St. James who was a fisherman. | 26  Pick up a blade of grass and think about the one who made it. | 27  Say, "I forgive you" to someone who hurt you. | 28  Visit a nursing home. Be prepared to stay and listen for a little while. |
| 29  St. Martha served Jesus with love. After Mass today, prepare a treat or snack for someone else in her honor. | 30  Pick a Beatitude and live it all day (Matthew 5:3-11). | 31  Play a card game together. |  | | | |



AUGUST

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|--|--|
| | | | 1 St. Alphonsus Liguori loved the Eucharist. In his honor, visit Jesus in the Blessed Sacrament in the tabernacle in your parish. | 2 Watch a science program together on TV. Marvel at the wonders God has created. | 3 Send a note to your pastor or favorite priest to thank him for his guidance and sacrifice. | 4 Attend Confession as a family, then have a family dinner afterwards to celebrate. |
| 5 Eat ice-cream sundaes after Mass today to celebrate the Lord's Day. | 6 The Transfiguration: Wear something white to remember that Jesus' clothes turned "dazzling white" (Luke 9:29). | 7 Be a peacemaker. Do something nice for someone you don't like. | 8 St. Dominic spread devotion to the Rosary. In his honor, pray a family Rosary together. | 9 Create a prayer space outdoors. Find a shady tree, place a crucifix or a statue of Our Lady at the base, and share time in quiet prayer. | 10 Do something special for someone you love. | 11 Celebrate the patron of television, St. Clare, by watching family-oriented shows together. |
| 12 Jesus is the Bread of Life. Eat bread with every meal today in his honor. At Mass today, thank Jesus for the gift of the Eucharist. | 13 Pray for all the suffering souls in Purgatory. | 14 Blow bubbles outdoors and think of Heaven as they rise. | 15 The Assumption: Celebrate Mary's Assumption by attending Mass and praying the Memorare together. | 16 Make popsicles: blend fruit, sugar, and yogurt and pour into Dixie cups. Insert popsicle sticks and freeze. Enjoy! | 17 Family Game Night: Turn off electronic entertainment and take a walk tonight. | 18 Celebrate the joy of laughter by renting a funny movie or telling jokes. |
| 19 Attend Mass as a family and pray for peace. | 20 Make dinner as a family, give everyone a job, and sit down to eat it together. | 21 Ask the pastor what your family can do to help out in the parish. | 22 Celebrate Baptism. Have a backyard water fight, complete with water balloons, squirt guns, and the garden hose! | 23 Bake cookies together. Discuss how we can follow God's recipe for our lives. | 24 Share a simple, meatless meal and put the money saved in the poor box at church. | 25 Gather all the loose change in the house and put it in the collection basket during Mass this weekend. |
| 26 Share God's love by inviting a parish family to Sunday lunch after Mass. | 27 Read a story from the Bible and spend 10 minutes in silence thinking about what you just read. | 28 In honor of St. Augustine, start a good habit and practice it all day. | 29 Have an end-of-summer picnic in the backyard or on the living room floor. | 30 Talk about what you would say to Jesus if he came to visit you in your home. | 31 Learn a Latin phrase such as "Ora Pro Nobis" ("pray for us") and say it over and over again today. | |