

Church of the Immaculate Conception  
Youth Ministries Office  
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## FAMILY FOUNDATIONS OF FAITH

### SUGGESTED ACTIVITIES/EXPERIENCES FOR 2020-2021

Please note – this is a preliminary list of suggestions. Additional experiences may be added throughout the year. Please be sure to regularly check the parish website and weekly bulletin for additional information. (Oct. 2020)

#### PRAYING WITH ST. KATERI TEKAKWITHA A FAMILY HIKE AND PRAYER EXPERIENCE

St. Kateri Tekakwitha, known as the “Lily of the Mohawks” was the first Native American to be canonized. She lived less than 30 minutes from our parish in the 1600s. Families will spend the day immersed in nature, prayer and conversation.

Before you begin – families will need to choose where and when you will go on your hike. Be sure to gather all the necessary materials and any safety equipment you may need for the day.

Materials provided – background materials on St. Kateri Tekakwitha, a list of supplies for the prayer services, the prayers and a series of family discussion questions.

Suggested timeframe – Anytime

#### WATER IS LIFE - DIGNITY OF THE HUMAN PERSON

This family activity was created by Catholic Relief Services and focuses on the Catholic Social Teaching of the dignity of the human person. Parents will facilitate a lesson on the church teaching using provided materials including several video links. This experience includes a hands-on activity making a tippy tap.

Before you begin – parents should review and become familiar with the lesson plan and test the links to videos to be sure you are able to view them. Please contact Christine if you have questions about the teaching, need suggestions on how to share the information or want additional coaching and support.

Materials provided - complete lesson plan for the activity, materials to make the tippy tap will be provided as requested (most items are readily available around the house – but we can provide anything you need), a small bottle of holy water will be provided.

Suggested timeframe – Anytime. The full activity should take about 90 minutes to complete. Please be sure to contact the YM Office with sufficient lead time to pick up necessary materials and review the lesson plan.

## SAINTS OF ADVENT

Advent is an incredibly rich liturgical season full of opportunities for families to grow in faith – many of us have family traditions in place (Advent wreath and calendar, Jesse tree, This experience will focus on the Saints whose feast days are celebrated throughout the Advent Season. In addition to learning about the life of the Saint there will be an accompanying activity for each feast day (including crafts, prayers, recipes and more!)

Before you begin – There are many Saints of Advent. Review the list provided and each accompanying activity. Have each family member select the Saint they are most interested in learning more about. Each family member will be the “ambassador” for that Saint and will lead the activity.

Materials provided – a list of Saints of Advent and their feast days will be provided as well as a suggested activity for each Saint. Materials (if any) needed for each activity will be listed, but will not be provided.

Suggested timeframe – Advent 2020 (November 29 – December 24). A minimum of four of the Saints’ activities should be completed to fulfill the expectation of this Family Foundation of Faith experience.

## MAKE A PILGRIMAGE

Did you know there are many holy places within just a short drive of our parish? Many families have never been to the Cathedral of the Immaculate Conception, Our Lady of Marytrs Shine, St. Kateri National Shrine and Historic Site, or the National Shrine of Divine Mercy (just to name a few).

Before you begin – families will need to select where and when you will make your pilgrimage. Visit the website of each of the places you are considering visit to be sure that you know when they are open and what their visitor policies are (especially in light of Covid-19). Some sites are open year-round, while others may be seasonal.

Materials provided – background information on making a pilgrimage, a covenant prayer and a series of family discussion questions.

Suggestion timeframe - Anytime

## FAMILY MOVIE NIGHT

Pop some popcorn, get comfy and watch a movie together. After the movie have a family discussion about the faith themes of the movie.

Before you begin – contact our office to get a list of the movies you can choose from. Some we have available to borrow, others you will have to rent/stream. If you would like to watch use a movie that is not on the list – please contact us to discuss.

Materials provided – if borrowing a DVD from our office please be sure to schedule a pick up time. You will also receive a few surprise “snacks” to make your movie night complete! Please be sure to return the DVD as soon as you have finished.

Suggested timeframe – Anytime.

## CREATE A FAMILY MISSION STATEMENT

We see mission statements all around us. But have you – as a family – thought about developing a mission statement of your own? A mission statement is a formal summary of the aims and values of a company, organization, or individual - or in this case – YOUR FAMILY!

Before you begin – review the overview provided. Schedule a dedicated time that you will gather as a family to begin discussing your family mission statement.

Materials provided – a family prayer to begin each meeting, an overview of developing a family mission statement within the context of faith, a few examples of family mission statements. We will also provide a “kit” of craft supplies to make a wall hanging of your mission statement if you would like. (Kit includes wooden paint stirrers, acrylic paints, paintbrushes, permanent markers, letter stickers, twine. Not included but necessary is hot glue or another adhesive that will connect the paint stirrers).

Suggested timeframe – Anytime. This activity is designed to be done over a course of family meetings and is more about committing to live within your family goal than actually getting the words down.

## UNDERSTANDING AND CELEBRATING THE SACRAMENT OF RECONCILIATION

The Sacrament of Reconciliation is often misunderstood and sometimes feared. This family experience will ground participants in the teaching of the church regarding the importance of the Sacrament of Reconciliation – a Sacrament of Healing and the immense grace that comes from making Reconciliation a regular part of your life.

Before you begin – review the lesson plans that are provided. Please contact Christine if you have questions about the teaching, need suggestions on how to share the information or want additional coaching and support.

Materials provided – three family lessons that can be done at one time or over a period of time as each family decides. Several additional resources and activity links to supplement each lesson.

Suggested timeframe – Anytime. We encourage families to consider completing this family faith foundation leading up to our Parish Penance Service held during Advent or Lent (dates TBD). Families would prepare together, attend the penance service and receive the Sacrament of Reconciliation (individually) but on the same evening. If you complete this experience at another time of year you can plan to go to Confession on any Saturday.

Coming soon .....

## IT'S NOT SO ORDINARY

## SPIRITUAL WORKS OF MERCY

## CORPORAL WORKS OF MERCY

## HOLY WEEK @ HOME

