

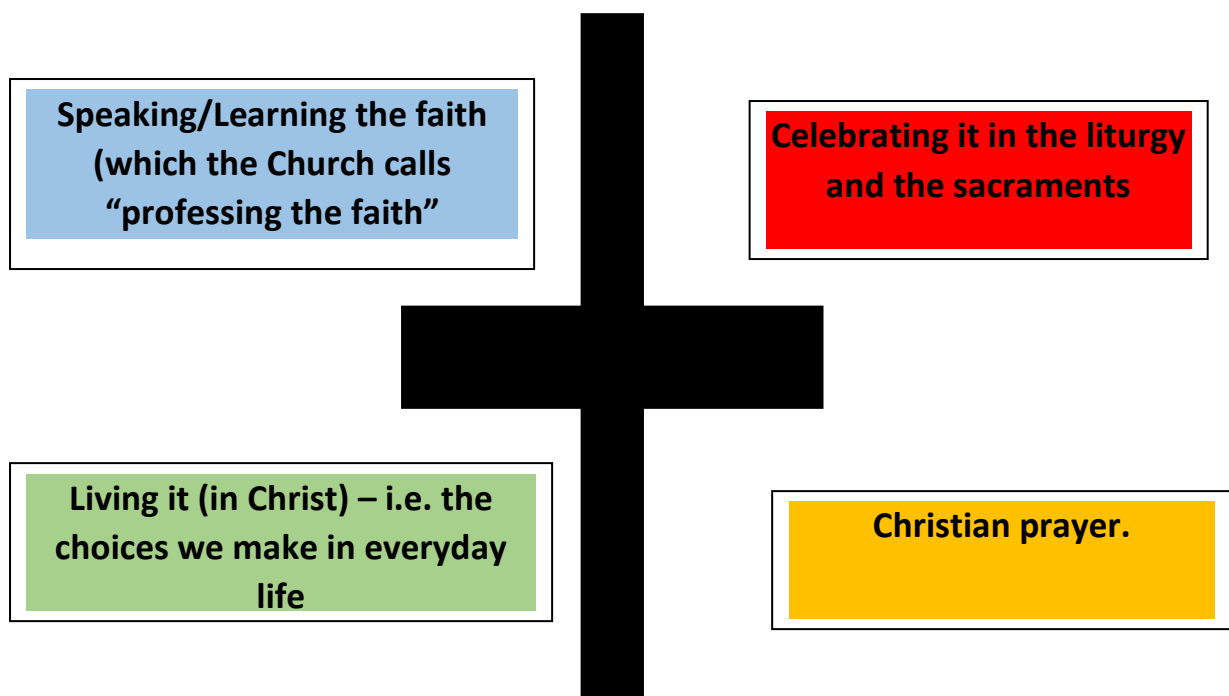
Family Activity Sheet

1- 4 October 2020

Introduction:

The family is the domestic Church – that is, the Church at home. In these “Covid” times, not everyone can get to Mass easily and there is no children’s liturgy of the word for families, so here are some family orientated activities to consider doing this week:



There are Four Dimensions of the Faith which we can put around the cross, making sure that Jesus Christ is the centre of everything we do:



These notes will use these colours to show the balance of activities – some of course reflect more than one dimension of the faith, but over the month, try to pick a variety of activities.

We would love any pictures of you doing these activities! If you have any, please send to the parish office. By sending them to the office please state if you are happy for them to be included in the newsletter (which is emailed to everyone and put on the website) and/or the parish Facebook page.

Date	Feast/memorial	Activity
1 st October	<p>St. Therese of Lisieux: A Carmelite nun who died aged 24. Her desired to “be perfect as your heavenly Father is perfect”. She promoted her “little way” which means that each day we can do small things as well as we can. She never left her convent but had a great desire to pray for missionaries and said that she would spend her time in heaven praying for missionaries.</p>	<p>Do something small, really well today, such as lay the table beautifully for a meal, or make a little bunch of flowers to go on the table.</p> <p>Find out about one of the APF (Missio) www.mission.org and may be put some pennies in the red missions box.</p>
2 nd October	<p>Holy Guardian Angels</p>	<p>Learn the prayer to your guardian angel:</p> <p>Angel of God, my guardian dear, To whom God's love commits me here, Ever this day, be at my side, To light and guard, Rule and guide. Amen.</p> <p><i>Remember to pray this every morning.</i></p>  

<p>4th October</p>	<p style="text-align: center;">27th Sunday of Ordinary Time</p> <p style="text-align: center;">If you are not able to get to Mass today, read this reading together:</p> <p style="text-align: center;">Second reading: Philippians 4:6-9</p> <p style="text-align: center;">There is no need to worry; but if there is anything you need, pray for it, asking God for it with prayer and thanksgiving, and that peace of God, which is so much greater than we can understand, will guard your hearts and your thoughts, in Christ Jesus. Finally, brothers, fill your minds with everything that is true, everything that is noble, everything that is good and pure, everything that we love and honour, and everything that can be thought virtuous or worthy of praise. Keep doing all the things that you learnt from me and have been taught by me and have heard or seen that I do. Then the God of peace will be with you.</p>	<ul style="list-style-type: none"> • Spend some time together talking about what your worries are and then light a candle and ask Jesus to give you the strength and courage to deal with difficult situations.  <ul style="list-style-type: none"> • Tell each other what good things they do • Think what good things we have learned to do from other people and may be think about what good things we can do that we see other people doing <p>Ask the Holy Spirit to help us each day to love Jesus more and more.</p> 
<p>4th October</p>	<p style="text-align: center;">St. Francis of Assisi</p>	<p style="text-align: center;">If someone in your family is called Francis or Frances (or Francesca) say a special prayer for them.</p>

St. Frances was the son of a rich man and he gave up everything and relied on charity to live. Other men came to live with him, as he was known for his love of all of God's creation, people as well as the natural world.

Plant some hyacinth bulbs in a pot to give to someone for Christmas:

Growing hyacinths for Christmas

- **Fill pot or container with bulb fibre or compost to within 5cm of top.**
- **Set the bulbs in the pot.**
- **They can be close together but not touching each other or the sides of the container.**
- **Add more compost up to the neck of the bulb.**
- **Press the soil down firmly to set the bulbs securely in place**
- **Place your pot or container in a dark, cool place. Cover loosely with a black bin bag if necessary to exclude any light.**
- **Check regularly and add water if they are drying out.**
- **When shoots are 4-5cm long, bring the pot or container into the light but keep out of strong direct light, away from draughts and away from heat sources like a radiator.**
- **Once the flowers are established, you can take your hyacinths into a warmer room for display.**



