



St. Joseph's Parish



Family Activity Sheet



5-10 October 2020

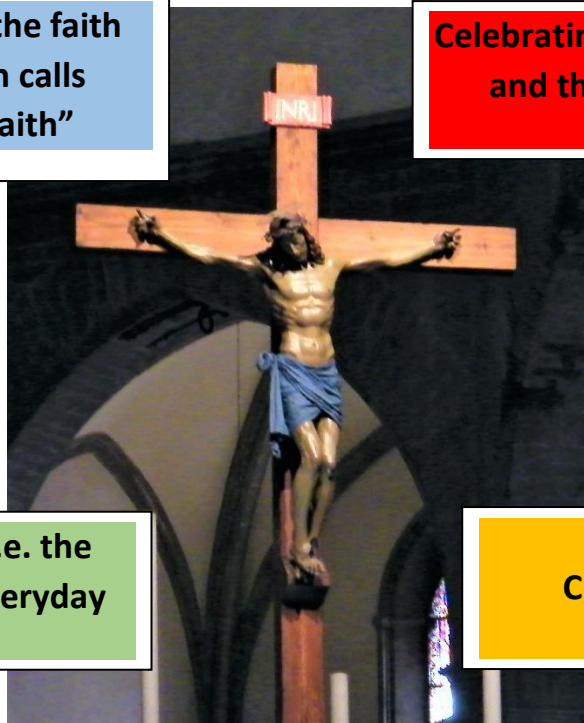
Introduction:

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:

Speaking/Learning the faith
(which the Church calls
“professing the faith”

Celebrating it in the liturgy
and the sacraments




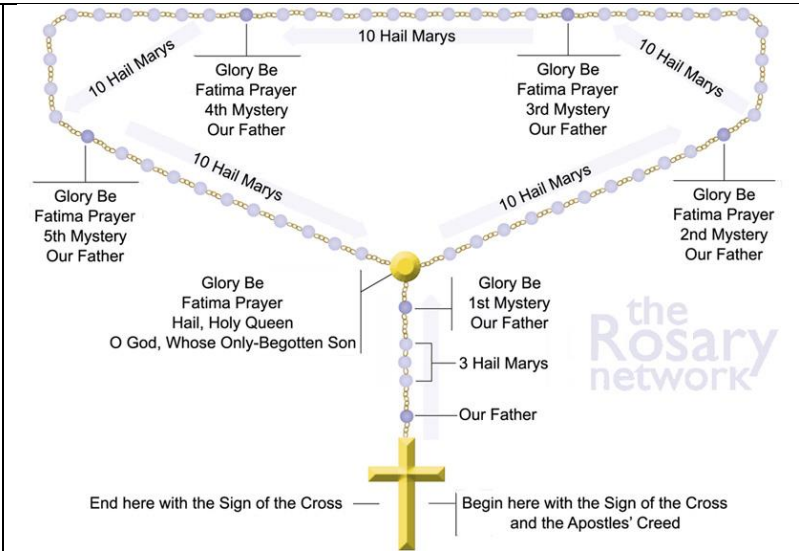
Living it (in Christ) – i.e. the
choices we make in everyday
life

Christian prayer.

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
5th October	<p>St. Faustina Kowalska (1905-1938) She was a Polish nun who promoted the devotion to the Divine Mercy of Jesus. She received this vision and directed another artist (Eugeniusz Kazimirowski) to paint what she saw. Since then the image has been copied a number of times. Sometimes the painting has the words, "Jesus I trust in you" written across the bottom.</p> 	<p><u>Pray a simple version of the Divine Mercy chaplet:</u></p> <ul style="list-style-type: none"> • Our Father (x1) • For the sake of His sorrowful Passion, have mercy on us and on the whole world. (x10) • Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (x3) • If you are artistic, may be make your own copy of this image. You could use paints, pencils or even collage. (If you do this, please share with the parish). <p>Think about the people you have hurt and say sorry to them. Ask them to forgive you (show you mercy)</p>
7th October	<p>Our Lady of the Rosary October is the month of the rosary and it's a great time to begun to pray the rosary if it is not something that you regularly do.</p> <p>See this link for details on how to pray the Rosary: https://therosarynetwork.org/one-page-sheet-how-to-pray-the-rosary-pdf/</p>	<p><u>Make a 1 Decade Rosary:</u></p> <p>You will need: string or ribbon, 11 beads, a crucifix or cross (may be one that has fallen off a broken Rosary.)</p> <ol style="list-style-type: none"> 1. Loop the string through the crucifix and hang it from the middle so that there is equal amount either side. 2. Thread both pieces of string through the first bead which is the Our Father/Glory be, bead.



3. Separate the two ends of the string and thread 5 beads on each side, joining them together so that there is now a loop with 10 beads, in addition to the single bead above the crucifix. You are now ready to pray a decade of the rosary with the beads.

Next time you come to Mass, ask the priest to bless it and then keep it safe in a pretty box or bag.

9th
October

Feast of St. John Henry Newman

He was a famous preacher and lived in Oxford and Birmingham. He was an Anglican minister before becoming a Catholic. He was very keen that all people, not just priests and religious should know their faith.

Learn the Apostles Creed By heart:
The Apostles creed is a summary of our faith and developed from the baptismal promises of the first Christians. Knowing it by heart can really help us to now what we believe.

- **Learn the Apostles creed by heart.**
- **Younger members of the family can copy it out and decorate it**

The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.