

# St. Joseph's Family Activities

## Week 13 of Ordinary Time

### July 2021



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#### July, the month of the Precious Blood

There is a change in the Family Activities this week. Henceforth these sheets will come out once a month (or ahead of a new season of the liturgical year). There will still be the questions for each of the Sundays and suggested related activities connected to the Church's liturgical year which can be used in the home, or in Children's liturgy of the word, or even in the classroom.

In 849 Pope Pius IX invited the Church to dedicate the month of July to reflecting on Christ's precious blood, saying, that the Precious Blood which our Saviour shed for us on Calvary and reassumed at His glorious Resurrection; is made present on our altars by the words of Consecration, is our source of sanctifying grace which washes and beautifies our soul.

[https://www.catholicculture.org/culture/liturgicalyear/overviews/months/07\\_1.cfm](https://www.catholicculture.org/culture/liturgicalyear/overviews/months/07_1.cfm)

Although we do not receive the precious blood from the chalice at the moment, it's important to remind children that when they receive the Sacred Host in Holy Communion, they are receiving Christ's **Body and Blood**, soul and divinity. In other words, the whole Christ.

As ever, if you wish to see past copies of these sheets, please go to <https://www.stjosephsmalvern.org/j/> and then click on the dropdown box for past editions

***There are Four Dimensions of our Faith, and the activities all reflect one or more of each of these dimensions.***

Later this month we celebrate the feast of St. Anne and St. Joachim, Mary's parents and Jesus' grandparents.

Let us pray for all grandparents, especially those who because of the Covid crisis have not seen their grandchildren for a long time.



*The family is the "domestic Church" and if we are not able to gather in person with the parish, it's a good idea to set aside special times to pray with the family, even if it is just 10 minutes two or three times a week. These are graced moments. Light a candle and have a few moments' silence and remind everyone that they are in the presence of God who is Father, Son and Holy Spirit. These times are very precious and even if it is just a few minutes after a meal, it can be a fruitful time. Don't bite off more than you can chew! Start with just a few moments and build up the scope and variety of prayers slowly. Give everyone the opportunity to voice their own prayers as well as reciting traditional prayers.*

**Speaking/Learning the faith  
(which the Church calls  
"professing the faith")**

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

**Celebrating it in the Liturgy  
and the Sacraments**

**Christian  
prayer.**

## **Gospel for Sunday 4<sup>th</sup> July, 14<sup>th</sup> Sunday in Ordinary Time**

**Mark 6:1-6**

Jesus went to his home town and his disciples accompanied him. With the coming of the sabbath he began teaching in the synagogue and most of them were astonished when they heard him. They said, 'Where did the man get all this? What is this wisdom that has been granted him, and these miracles that are worked through him? This is the carpenter, surely, the son of Mary, the brother of James and Joset and Jude and Simon? His sisters, too, are they not here with us?' And they would not accept him. And Jesus said to them, 'A prophet is only despised in his own country, among his own relations and in his own house'; and he could work no miracle there, though he cured a few sick people by laying his hands on them. He was amazed at their lack of faith.

The Gospel of the Lord

R/: ***Praise to you Lord Jesus Christ***

## **Discussion on the Gospel**

- ✠ Light a candle
- ✠ Make the Sign of the Cross
- ✠ Someone read the Gospel slowly

**Q: Where was Jesus?** (A: In His home town.)

**Q: Who can you remember what it is called?** (A: Nazareth.)

**Q: What did Jesus do there on the Sabbath day?** (A: He taught in the synagogue.)

**Q: How did the people who heard Him react?** (A: They were astonished that Jesus was so wise and could work miracles.)

**Q: Why were they so surprised that Jesus could teach so well?** (A: They thought that they knew who He was as they had seen him grow up in His family.)

***At this point it is worth adding that the “brothers and sisters” of Jesus are not the children of Mary, but probably His cousins as there was no word for “cousin” then. If you were related to someone, even as a cousin, you were called brothers and sisters.***

**Q: Those who heard Jesus thought that they knew who He was, but they did not realise that He is the Son of God. They limited their expectations of Jesus, that is, they could not allow themselves to believe that He could work miracles. Sometimes we limit our own expectations, e.g. we say “I can't /sit still in Mass/at school/help/be nice to that person/ it's too hard.” Think of something that Jesus would like you to do that you think is too hard or difficult for you to do.** (A: Various responses possible.)

**Q: What was Jesus amazed at when he was teaching in Nazareth?** (A: The people's lack of faith.)

**Q: If we say, “I can't” we are also showing lack of faith. How can we grow in faith in Jesus?** (A: Various, e.g. Praying, reading the Bible, going to Mass,)

**Let's finish by spending a few moments asking Jesus to help us grow in faith. Shut your eyes and imagine that you are looking at Jesus and that He is looking at you. He's smiling at you. Say after me, “Jesus help me to grow in faith in you.”**

Jesus wants us to grow in faith in Him. In the boxes around the picture of Jesus seated in heaven, either write some prayers asking specifically what you would like Jesus to help you with, or draw pictures of the things you would like Jesus to help you with, e.g., helping people, praying, being obedient, being kind to your brother or sister or someone at school, or not being greedy....



**Gospel for Sunday 11<sup>th</sup> July, 15<sup>h</sup>  
Sunday in Ordinary Time**

**Mark 6:7-13**

Jesus made a tour round the villages, teaching. Then he summoned the Twelve and began to send them out in pairs giving them authority over the unclean spirits. And he instructed them to take nothing for the journey except a staff – no bread, no haversack, no coppers for their purses. They were to wear sandals but, he added, ‘Do not take a spare tunic.’ And he said to them, ‘If you enter a house anywhere, stay there until you leave the district. And if any place does not welcome you and people refuse to listen to you, as you walk away shake off the dust from under your feet as a sign to them.’ So they set off to preach repentance; and they cast out many devils, and anointed many sick people with oil and cured them.

The Gospel of the Lord

R/: ***Praise to you Lord Jesus Christ***

**Discussion on the Gospel**

- ✠ Light a candle
- ✠ Make the Sign of the Cross
- ✠ Someone read the Gospel slowly

**Q: What had Jesus just done?** (A: Made a tour around the villages, teaching.)

**Q: What were the disciples asked to take with them when Jesus sent them out to the villages?** (A: Nothing except a staff [which is a kind of walking pole], no money, no spare clothes, no food.)

**Q: Why do you think that Jesus didn’t want them to take anything other than a staff?** (A: He didn’t want them to be burdened with carrying a lot of things and wanted them to have faith that people would give them everything they need.)

**Q: What were the disciples to do if people refused to welcome or listen to them?** (A: Walk away and go elsewhere.)

**Q: What did the disciples do when they set out in twos?** (A: Preached repentance, cast out devils and anointed sick people and cured them.)

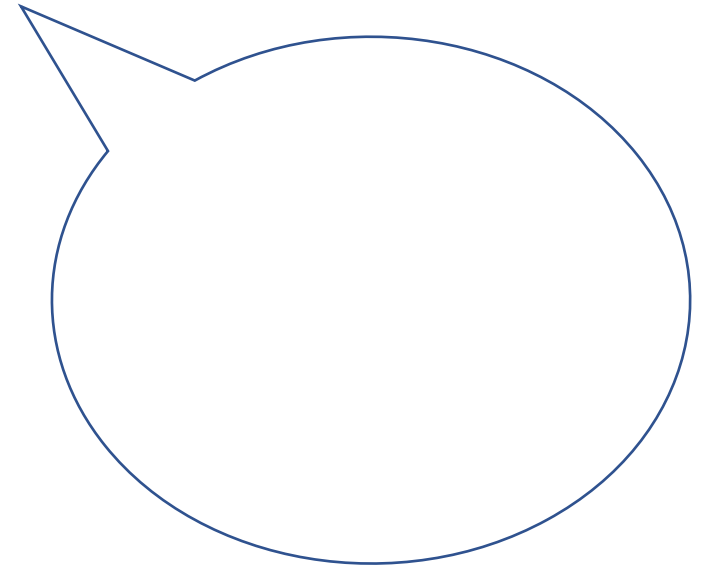
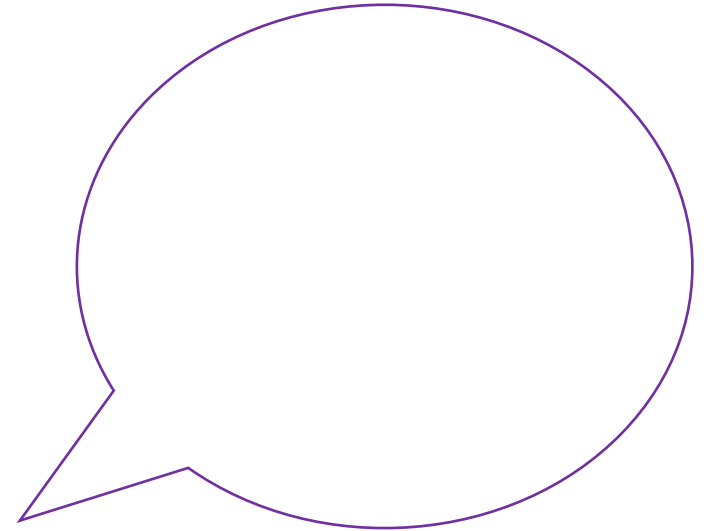
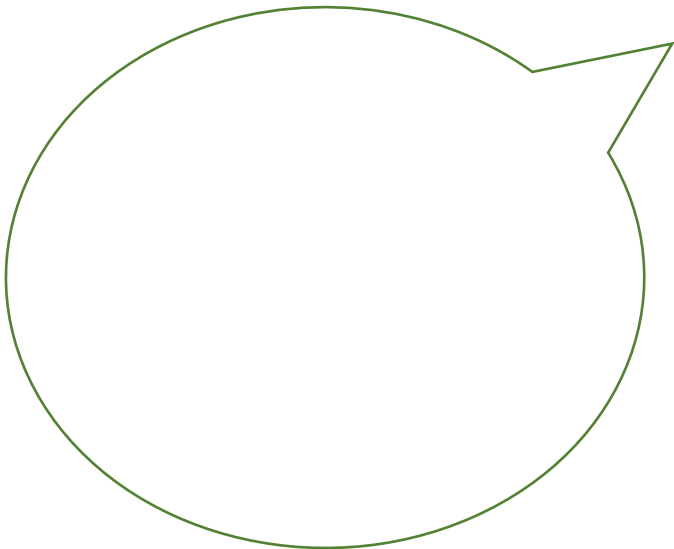
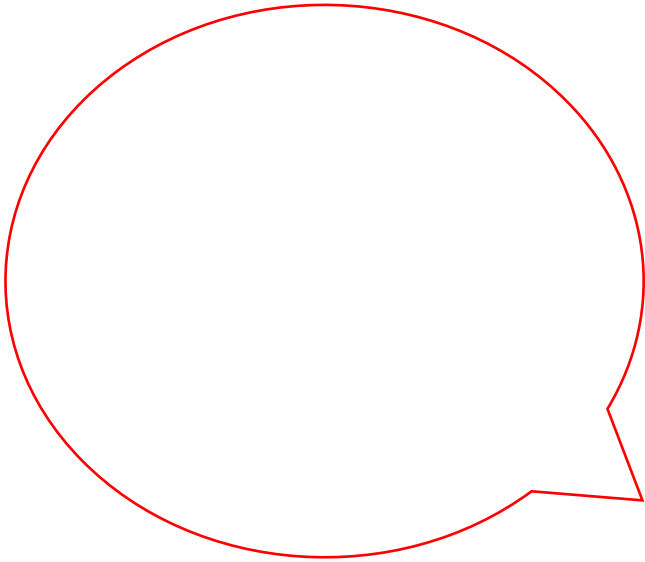
**Q: Jesus had already toured the villages and had been doing some teaching, so the disciples were following up on what Jesus had said. Why do you think that Jesus sent the disciples to go to the villages to preach?** (A: To practice telling people about Jesus, to remind people what Jesus had said, to heal the sick people.)

**Q: What does “preaching repentance” mean?** (A: Inviting people to be sorry for their sins.)

**Q: When do we say sorry to Jesus for our sins?** (A: At the beginning of Mass and when we go to Confession. We can also say sorry to Jesus every night before we go to bed.)

**Let’s finish by thinking about the morning we have had. Did we get up as soon as we were told to... get dressed straight away.... help our parents get breakfast and clear it away.... Help others in the home....? Did we say a morning prayer to Jesus? If the answer to any of these questions is “no” then say a silent prayer to Jesus right now, saying sorry for not helping and not saying “good morning to Him”.**

**This is a picture of Jesus which is on the top of St. Peter's in Rome. Write in the speech bubble some of the things that Jesus might have said on his tour of the villages**



**Gospel for Sunday 18<sup>th</sup> July, 16<sup>h</sup>  
Sunday in Ordinary Time**

**Mark 6:30-34**

The apostles rejoined Jesus and told him all they had done and taught. Then he said to them, 'You must come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that the apostles had no time even to eat. So they went off in a boat to a lonely place where they could be by themselves. But people saw them going, and many could guess where; and from every town they all hurried to the place on foot and reached it before them. So as he stepped ashore he saw a large crowd; and he took pity on them because they were like sheep without a shepherd, and he set himself to teach them at some length.

The Gospel of the Lord

R/: *Praise to you Lord Jesus Christ*

**Discussion on the Gospel**

- ✠ Light a candle
- ✠ Make the Sign of the Cross
- ✠ Someone read the Gospel slowly

**Q: Why were the disciples rejoining Jesus?** (A: Because they had gone around the villages after Jesus had, preaching repentance (last week's Gospel).)

**Q: What did Jesus say that the disciples needed to do now?** (A: Come away with Him and rest for a while.)

**Q: Why did the disciples need to be with Jesus on their own for a bit?** (A: Because they were tired and hungry.)

**Q: When we are tired, how can we spend a bit of time alone with Jesus?** (A: We can find a place where no one else is, such as our bedroom, the garden, or somewhere else at home and just sit and talk to Jesus, or we can ask our parents to take us to adoration in the Church for a bit.)

**Q: What happened when Jesus took them away?** (A: The crowds followed them.)

**Q: Why did the people follow them?** (A: They wanted to be near Jesus and to hear Him teaching and for Him to heal the sick people.)

**Q: What did Jesus say that the people were like?** (A: Sheep without a shepherd.)

**Q: What happens when sheep have no shepherd?** (A: They get lost/sick....)

**Q: What kind of shepherd does Jesus say that He is?** (A: The Good Shepherd who looks after His flock and protects them.)

**Q: The Gospel ends with Jesus sitting down to teach the people. What do you think He said to them?** (A: Open ended responses.)

**Finish by saying together the Psalm on the next page which is probably the most well-known of all the Psalms. May be challenge older children to learn it by heart!**

## Responsorial Psalm, Psalm 22(23)

***The Lord is my shepherd: there is nothing I shall want.***

The Lord is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me,  
to revive my drooping spirit.

***The Lord is my shepherd: there is nothing I shall want.***

He guides me along the right path;  
he is true to his name.  
If I should walk in the valley of darkness  
no evil would I fear.  
You are there with your crook and your staff;  
with these you give me comfort.

***The Lord is my shepherd: there is nothing I shall want.***

You have prepared a banquet for me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing.

***The Lord is my shepherd: there is nothing I shall want.***

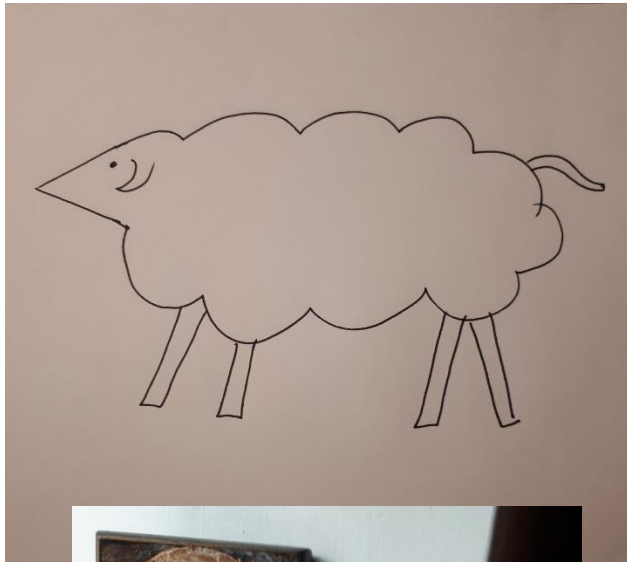
Surely goodness and kindness shall follow me  
all the days of my life.  
In the Lord's own house shall I dwell  
for ever and ever.

***The Lord is my shepherd: there is nothing I shall want.***



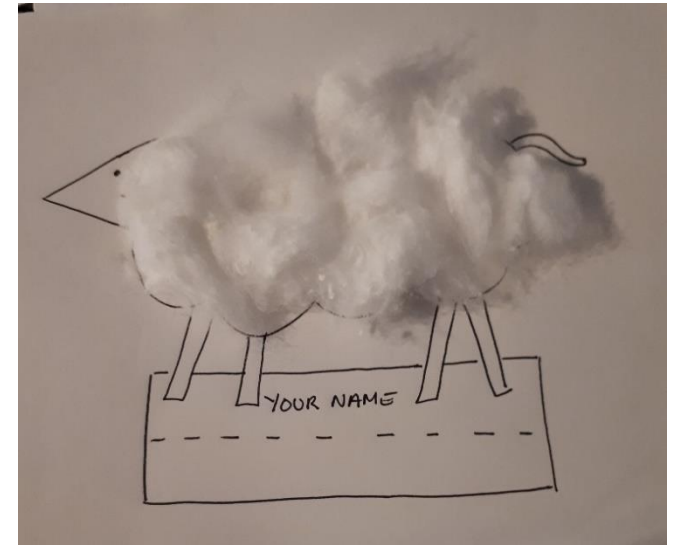
This is one of the oldest images of Jesus in the world, from the catacomb of St. Priscilla in Rome. It shows Jesus as a young man caring for the sheep, one of which is on his shoulders.

**Jesus is the Good Shepherd - make these woolly sheep with your name on them and place them around a picture of Jesus or at the foot of a crucifix. (You could use last week's picture of Jesus if you don't have one)**



1. Draw a simple sheep shape on paper, or better still, card.

2. Add a box under it, as in the picture on the right and write your name in the space.



3. Glue some cotton wool on the body of the sheep shape, leaving the head and legs bare.

4. Cut out and place the sheep either around a picture of Jesus or at the foot of a crucifix. Fold the label along the dotted line to help the sheep stand up.

## Gospel for Sunday 25<sup>th</sup> July, 17<sup>th</sup> Sunday in Ordinary Time

**John 6:1-15**

Jesus went off to the other side of the Sea of Galilee – or of Tiberias – and a large crowd followed him, impressed by the signs he gave by curing the sick. Jesus climbed the hillside, and sat down there with his disciples. It was shortly before the Jewish feast of Passover.

Looking up, Jesus saw the crowds approaching and said to Philip, ‘Where can we buy some bread for these people to eat?’ He only said this to test Philip; he himself knew exactly what he was going to do. Philip answered, ‘Two hundred denarii would only buy enough to give them a small piece each.’ One of his disciples, Andrew, Simon Peter’s brother, said, ‘There is a small boy here with five barley loaves and two fish; but what is that between so many?’ Jesus said to them, ‘Make the people sit down.’ There was plenty of grass there, and as many as five thousand men sat down. Then Jesus took the loaves, gave thanks, and gave them out to all who were sitting ready; he then did the same with the fish, giving out as much as was wanted. When they had eaten enough he said to the disciples, ‘Pick up the pieces left over, so that nothing gets wasted.’ So they picked them up, and filled twelve hampers with scraps left over from the meal of five barley loaves. The people, seeing this sign that he had given, said, ‘This really is the prophet who is to come into the world.’ Jesus, who could see they were about to come and take him by force and make him king, escaped back to the hills by himself.

The Gospel of the Lord

R/: ***Praise to you Lord Jesus Christ***

## Discussion on the Gospel

✠ Light a candle

✠ Make the Sign of the Cross

*This is a very familiar Gospel, but because the words from the Bible are ever new, perhaps begin by asking the family what they know of the feeding of the 5,000, and then say, “Let’s listen to this as if we have never heard it before. Listen out for something that you did not remember.” (If the Gospel is not familiar to the family, then omit this introduction).*

✠ Someone read the Gospel slowly

**Q: What were you reminded about on hearing this story/what did you learn?** (A: Open ended)

**Q: What did Jesus do with the loaves and the fish?** (A: Gave thanks [blessed them] and gave them to everyone.)

**Q: When does Jesus give us food?** (A: At Mass, He gives us Himself in Holy Communion [the Eucharist].)

**Q: What kind of food is Holy Communion?** (A: Spiritual food. Children may say “bread and wine,” if they do, say that after the priest has consecrated the bread and wine during the Eucharistic Prayer, and although it looks like bread and wine it is in fact Jesus Himself.)

**Q: Consecrated hosts (the bread that has become Jesus) that has not been used at Mass is kept in a special place in the Church. What is that called?** (A: The Tabernacle.)

**Q: What do we do when we come into a Catholic Church and see the tabernacle?** (A: We genuflect [go down on one knee and make the Sign of the Cross].)

**Q: Why do we do this?** (A: Out of reverence for Jesus who is God and the Lord of Lords.)

**Finish by praying this prayer  
three times, inviting older  
children to learn it.**

**O Sacrament most Holy,  
O Sacrament Divine,  
All praise and all thanksgiving,  
Be every moment Thine. (3x)**



Draw a lot of people around Jesus and may be label them with your family and friends, showing that Jesus continues to feed us in Holy Communion. Draw yourself near Jesus, imagining that you are the small child that gave Jesus the loaves and the fish..

# Some July Saints

## 6<sup>th</sup> July, St. Maria Goretti

Maria died in 1902, aged 11 after being stabbed because a friend of the family tried to rape her. She resisted his attacks and in hospital after being stabbed she forgave the man. He was sent to prison for 30 years but after 6 years he repented and realised that he had committed a great sin. He spent the response of his time in prison praying and had a vision of Maria in heaven.

When he was released at the end of his sentence, he became a monk and spent the rest of his life in a monastery.

The rule of St. Benedict was based on reason and having a balanced life. Having family rules is very sensible as it helps everyone to get along better and know when it is their turn to do something, like helping in the home. After all a family, even if there are only two people in it, is a community.

Why don't you as a family write a few "rules" for the summer that give time for prayer together, for "work" - both school homework and helping in the home, and special times of relaxation and fun.

Put it up and call it the  
"Rule of the \_\_\_\_\_ Family"

## 11<sup>th</sup> July, St. Benedict 480-547

St. Benedict was born in Nursia in Italy and after studying in Rome, he went to live as a hermit. However, because he was a very holy man, lots of people flocked to him and so he set up a community of monks, called "Benedictines" after him. He wrote a "rule" for how the monks were to live which was a balance of prayer, work, and social times. He recognised that however much we try to be perfect, we do fall but that God is merciful, and He picks us up again by His grace.

Benedictines spread and became a great community of good around the world, setting up schools and hospitals. Malvern as a town grew up around the priory, a Benedictine establishment. Our nearest Catholic Benedictine monastery is Belmont Abbey at Hereford. If you live elsewhere in the country, why don't you find out where your nearest Benedictine Community is (there are women's communities as well as men, of course) and see if you can visit them?

Because the "rule" of St. Benedict was so well designed, it was adopted by most later religious communities and St. Benedict is known as the father of monasticism in Europe. He is also co-patron of Europe.

St. Benedict wrote: Whenever you begin any good work, you should first of all ask Jesus Christ Our Lord to make it a perfect work. We don't want to offend Jesus doing something badly.

## 15<sup>th</sup> July, St. Swithun (d.862)

St Swithun was born in the Anglo-Saxon Kingdom of Wessex, and after being chaplain to King Egbert and his son Aethelwulf, he was made Bishop of Winchester which was then the capital city. He was well-known for always being generous to the poor and he built a lot of churches.

He died on 2 July 862. He had said that he did not want to be buried inside his minster (cathedral) but in a "vile and unworthy place" outside it. After he died, a lot of miracles were associated with him and so it was decided in 971 to move his body to a much more worthy place on the anniversary of his death. However, on 1<sup>st</sup> July it poured with rain and his body could not be moved until 15<sup>th</sup> July, which has now become his feast day. It has been said that if it rains on St. Swithun's day, it will rain for 15 days non-stop! Let's hope that this is not the case this year!

When the new (Norman) cathedral was built his body was moved again and placed in a beautiful shrine in 1093 and there he rested, until the Reformation when the shrine was destroyed. If you go to Winchester Cathedral now, there is a candle in the place where his shrine was, and you can still say a prayer to St. Swithun. St. Swithun teaches us that however important we are, we are never too important to be generous to the poor. Maybe go to a charity shop this week and buy something. The money we spend then goes to help then helps other people.



## 22<sup>nd</sup> July, St. Mary Magdalene

We know that Mary was healed by Jesus and that she was one of the first women at the tomb on Easter morning. She has a very special place in our hearts because she shows us that when we put our faith in Jesus, He rewards us enormously. She was probably not a very "good" woman before she met Jesus, but she was willing to trust Him completely. He in turn trusted her enough to show Himself to her on Easter morning before He showed Himself to the Apostles.

In this picture by Raphael, Mary Magdalene is the woman with the pink shawl over her shoulders, kneeling at the foot of the cross. Notice the total love that is shown on her face as she is completely focussed on Jesus.

Whenever we are at Mass, we are in the same place, at the foot of the cross. Notice the angels catching Jesus' blood in the chalices. July is the month of the Precious Blood. At Mass

when the priest lifts up the chalice, ask St. Mary Magdalene to help you to trust in Jesus as much as she did.



Winchester Cathedral today. The Original minster was just to the left of the Norman cathedral.

## 26<sup>th</sup> July, St Anna and St Joachim

An ancient tradition, already known in the 2nd century, gives these names to the parents of the Virgin Mary. By the 6th century, St Anna (Anne) was very popular in the Eastern Church and by the 10th century, this popularity had spread to the West, and Anne became a very popular girls' name. Joachim was added a long time later - too often the fate of fathers.

Although there are some very strange myths and legends about Mary's parents, there is no reason to doubt their names, (Note that Mary was conceived in the "ordinary way"). The fact that Mary was able to say yes to the Angel Gabriel was in part helped by the home life in which she grew up; one of faith and trust in God. Her parents must have been devout people who were ready to support their daughter in her amazing vocation as mother of God.

If we have any responsibility for children, whether as parents, grandparents, teachers, or catechists, we need to ask St. Anne to pray for us so that we can give them every opportunity to grow in faith in Our Lord Jesus Christ, by the grace of the Holy Spirit which they received in Baptism.

Anne/Ann/Anna/ is also the same meaning as "Hannah" which means "grace". What a wonderful name to have. Let us pray that all those given these names may rely on the grace of the Holy Spirit to guide their lives so that all their choices may be according to God's will for them.



This carving is in Exeter cathedral. It shows St. Anne with Mary on her lap and Jesus on Mary's lap. St. Anne and St. Joachim are Jesus' grandparents and today is a good day to pray for all grandparents.

**Why don't you make something for your grandparents?**

A card,  
Flower posy  
A cake/biscuits  
Write them a letter

Dear God, please bless my grandparents. Thank you for the life they gave my parents and for the life, they give to me.

For the ways they helped me and made me strong, I give thanks.

For the ways, they love me no matter what, I rejoice.

For the ways, they have paved the road that leads me here, I am grateful.

Let them grow in wisdom and joy in life.

Let them find peace and rest from their work.

Let them be healed of every sickness and pain.

And let them see with their own eyes your glory and the love of their children and grandchildren.

Bless them always until they come to rest in you.

<https://www.xavier.edu/jesuitresources/online-resources/prayer-index/prayers-for-grandparents>

**Speaking/Learning the faith (which the Church calls "professing the faith")**

*There are Four Dimensions of our Faith.  
Draw or write down four things you are going to do in July to show your love for Jesus.*

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

**Celebrating it in the liturgy and the sacraments**



**Christian prayer.**