Sadlier Religion

FAMILY and FAITH™

Summer Kit

Introduction

Welcome to *Family and Faith*, an easy-to-use and engaging resource that will help your family grow in faith together this summer. Here, you'll find eight themed sessions, each featuring a saint, a connection to Catholic faith and life, activities, and a prayer. Through these sessions, your family will explore themes such as praise, thankfulness, grace, sharing God's love, and the mission of the Church. You'll also find opportunities to talk about and plan ways your family can live as missionary disciples.

Each session presents the following dynamic features to help your family encounter and live out your Catholic faith:

- **Partners in Faith:** Read about saints and discuss what your family can learn from their lives.
- **What Makes Us Catholic?:** Dive deeper into Catholic beliefs and how we live them out in worship, prayer, and service.
- **Mini-Task:** Get creative together and encourage your children to share your projects with family and friends.
- **At Home:** Discover how to act on the session's theme as a family.
- **Prayer:** Pray with the spirituality of the Partners in Faith saints. Invite your child or children to help lead your family in prayer.
- **Missionary Discipleship:** Reflect on the questions and take turns sharing your experiences.

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SESSION 1

Sing Praise to God

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Partners in Faith

Saint Hildegard of Bingen

Saint Hildegard was a nun.

She wrote many songs to praise God. Hildegard planted a beautiful garden. Her garden showed God's wonderful creation.

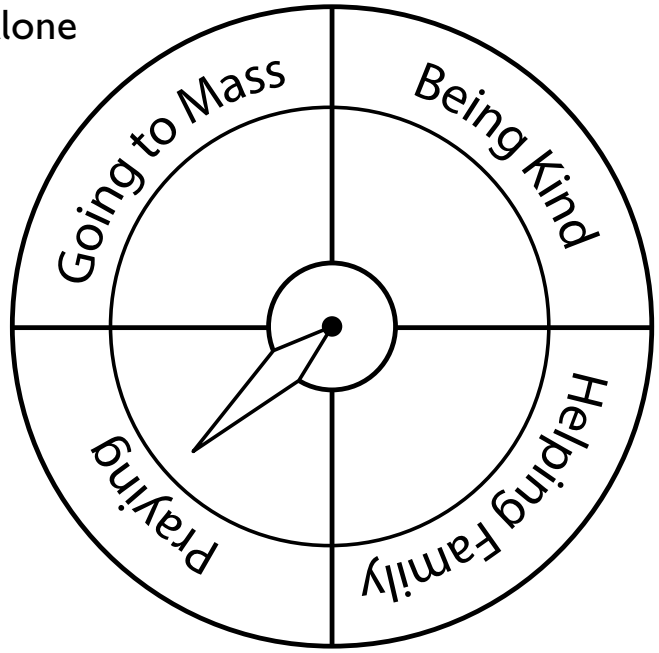
Learn more about the life of Hildegard of Bingen.

What Makes Us Catholic?

The Liturgy of the Hours always includes praying psalms. These are beautiful and ancient prayers from the Bible. When we say or sing the psalms, we are following Jesus' example of prayer. For the Liturgy of the Hours, the source of the psalms is from a book called the Psalter. The Psalter arranges the psalms in a special order according to the time of day and the liturgical season. The psalms help us to praise God through the many seasons of the Catholic Church.

Mini-Task

Make a Praise Spinner. Alone or with a partner, decide on three or four ways you can praise God. Your Praise Spinner can remind you to praise God every day. Or it can help you inspire a friend that we all need to praise God.



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At Home

Ask your family members how you can pray for them, and let them know how to pray for you. Take a few moments together to pray tonight.

Prayer

Leader: Saint Hildegard liked to sing. She knew that God heard her when she sang. Singing is a special kind of praying. God loves to hear us praise him with our singing. Our lives are a song of praise to God.

Let us pray: O God, hear the song in our hearts.

All: O God, hear the song in our hearts.

Leader: We sing because we love you.

All: O God, hear the song in our hearts.

Leader: We sing when we are happy or sad.

All: O God, hear the song in our hearts.

Leader: We sing because you love us.

All: O God, hear the song in our hearts.

Leader: We sing because we want to praise you.

All: O God, hear the song in our hearts.

Missionary Discipleship

How have you celebrated God's love with your family and friends? Is there a part of Mass that helps you want to sing, dance, and praise God? Do you feel closer to God?

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SESSION 2

Thank God for Creation

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Partners in Faith

Saint Francis of Assisi

Saint Francis of Assisi loved all of God's creation. He wants us to love it, too. He thanked God for all of creation.

Learn more about the life of Saint Francis of Assisi.

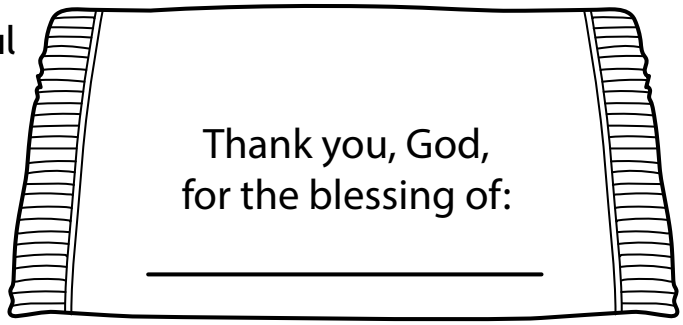
What Makes Us Catholic?

We know from Scripture that we are "wonderfully made" and that each of us reflects God. Jesus himself took on our human life in the Incarnation. The Incarnation reminds us of our innate human dignity, as we are made in the image and likeness of God. Being made in God's image and likeness is the basis of the Church's teaching that all life is sacred, from the moment of conception to natural death. When a woman is pregnant, the Church prays: "God, author of all life, / bless, we pray, this unborn child; / give constant protection" (*Rite for the Blessing of a Child in the Womb*).

Mini-Task

God's creation gives us the food we eat. Food makes our bodies strong and healthy. A lot of people work to bring God's gifts to our tables.

When we gather to eat, we can inspire others to be closer to God. Make a plan for a Gift-of-God table mat. List on your mat blessings you are thankful for. Then write ways you can show your thanks to God for those who prepared your meal.



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At Home

As a family, pray one of the prayers in this lesson. In the morning, say: "God, thank you for this new day." When you need help, pray: "Be with us, Lord." Allow each member of your family a turn to lead the prayer.

Prayer

Leader: Saint Francis of Assisi found God in all of creation. Not only in the beauty of all the earth, but also in each of us, our families, and everyone on earth.

Let us listen to how God's love is made known to us today.

Let us pray:
O God, we praise and thank you for the beauty in all of creation.

All: We praise you, O Lord, for your great love.

Leader: For our families' love for us,

All: we praise you, O Lord, for your great love.

Leader: For creating us in your image,

All: we praise you, O Lord, for your great love.

Leader: For the gift of the Church to us and the world,

All: we praise you, O Lord, for your great love.

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Missionary Discipleship

How does your family, a friend, or a pet help you know how much God loves you? In what ways do you celebrate God's love for you?

SESSION 3

Do Acts of Love

Partners in Faith

Saint Thérèse of Lisieux

Saint Thérèse of Lisieux is called the "Little Flower." She said that we do not have to do big things for God. If we do little things with love, God is happy.

Learn more about the life of Saint Thérèse of Lisieux.

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What Makes Us Catholic?

The Holy Spirit prepares us to receive the grace of the sacraments. But we prepare ourselves to celebrate the sacraments themselves as well. If we have committed a serious sin, we must celebrate the Sacrament of Reconciliation before we celebrate the Eucharist. We do not eat or drink anything except water or medicine for one hour before we receive the Eucharist. Before we celebrate Confirmation, we choose a Confirmation name and a sponsor, celebrate the Sacrament of Reconciliation, and perform works of service. This preparation means our hearts and minds are clear, open, and ready to receive the grace of each sacrament.

Mini-Task

"We can do small things with great love."

In what ways can this quote remind us of what it means to be a member of a team or community? Turn to and talk with a partner.

What is a need that you see in your family, classroom, or parish?

What are some small things that could be done to help meet the need you identified?

Prioritize your list of "small things" by highlighting what should be done first.

Then answer the following questions.

need
small things

What people are needed for this "small thing"? _____

What research must be done? _____

What materials are needed? _____

Other considerations: _____

At Home

Renewing baptismal promises is a good way to renew faith. Light a candle and renew your promises as a family.

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Prayer

Leader: The Little Flower, Saint Thérèse of Lisieux, loved Jesus very much. She felt that the Church was like a mother to her and a sign of Jesus' great love for the world.

Let us listen to how Jesus' love is made known to us today in the world. Listen to the stories of missionary disciples in our midst.

Let us pray:
Jesus, we see your love in the Mass, in the sacraments, and in the lives of those who shared their stories today. For these great gifts, we pray in thanksgiving.

Reader: For the gift of the Church,

All: we thank you, Jesus.

Reader: For the gift of the Mass,

All: we thank you, Jesus.

Reader: For the gift of the sacraments,

All: we thank you, Jesus.

Reader: With Saint Thérèse, we say: "Jesus, my love!"

All: Jesus, my love!

Missionary Discipleship

Think about a time when you experienced the love of Jesus. What happened? How did you feel? Did you celebrate this experience?

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SESSION 4

Show Love Through Service

Partners in Faith

Venerable Pierre Toussaint

Venerable Pierre Toussaint was a slave. He learned to be a hairdresser. He was such a good hairdresser that he earned enough money to buy his freedom. He gave to the poor and helped raise money to build a church in New York City.

Learn more about the life of Venerable Pierre Toussaint.

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What Makes Us Catholic?

The Society of St. Vincent de Paul in the United States is made up of almost one hundred thousand volunteers. Members of the society run thrift stores and food pantries that help to clothe and feed people in need. The society's House in a Box® program brings household items to people after a natural disaster. Whatever the need, members bring compassion and care to others. The Society of St. Vincent de Paul is active in more than four thousand communities in the United States.

Mini-Task

List some ways that you can show God's love to others.

Imagine that you work for a local video company. You have been asked to produce a ninety-second commercial that will inspire viewers to share God's love and joy with others.

Choose a style for your video: interview, animation, music video, or short story with a cast of characters.

Outline your video in the storyboard.

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At Home

With your family, read or remember a Gospel passage in which Jesus heals, forgives, or gives nourishment. Talk about how Jesus heals, forgives, and feeds you in the sacraments.

Prayer

Leader: Venerable Pierre Toussaint exemplifies what it means to live a life of faith rather than just use words that are good and holy. In doing so, he modeled how we should "be the Church" instead of just going to church, to live as the light of Christ.

Let us listen to how it is possible to live "as the Church." Listen to the stories of missionary disciples today.

Leader: Let us pray:
Jesus, we know that you want us to be your eyes and hands in the world by the way we treat each other. For help in living in your light, we pray:

Reader: Help us to lift up the poor and lonely.

All: We will bring your light and peace.

Reader: Help us to care for those who hunger and thirst.

All: We will bring your light and peace.

Reader: Help us to lead those in darkness into your light.

All: We will bring your light and peace.

Reader: Guide our feet on your path of love for all.

All: We will bring your light and peace.

Leader: Following the example of Venerable Pierre Toussaint, we say:
Make us models of your love.

All: Make us models of your love.

Missionary Discipleship

Can you remember a time when someone helped you when you were lonely or when you felt afraid? What happened? How did you feel when you were helped? How have you helped others when they needed you?

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SESSION 5

Grow in Love for God

Partners in Faith

Saint Teresa of Ávila

Saint Teresa was a Spanish nun. She looked on God as a close friend. She said that we need to spend time with God to make our relationship grow, just as we have to spend time watering a garden to make it grow. Teresa was holy, intelligent, and lively; she loved music, dance, good conversation, and good books.

Learn more about the life of Saint Teresa of Ávila.

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What Makes Us Catholic?

Sometimes it is hard to ask God for what we need. Yet even Jesus prayed to his Father when he needed help. As Catholics, when we pray to God for our needs, we show that we know we need *him*. We can pray to God in Jesus' name for help, for mercy, and for healing. We can also pray for good things to happen in our lives. There is no limit to our prayers. As pope, Saint John Paul II said: "Remember that you are never alone: Christ is with you on your journey every day of your lives! He has called you and chosen you to live in the freedom of the children of God. Turn to him in prayer and in love."

Mini-Task

In this lesson, you learned that there are many ways to pray. These different ways of praying offer us opportunities to pray every day, anywhere.

We do not have to be in church to pray, or in religion class. We can pray walking home, when playing a sport, or just because it is a great day. We can pray even if it is not such a great day. God is always with us. We can talk and listen to God every day.

Compose a prayer for each type of prayer listed below.

Prayer of blessing _____

_____

Prayer of praise _____

_____

Prayer asking God's help _____

_____

Prayer of intercession _____

_____

Now make a plan to say one of the prayers each day for one week. Where will you pray? What time will you pray?

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At Home

In prayers of intercession, we pray for other people's needs. Talk with your family about people you know who need your prayers. Then take some time together and offer prayers for those people.

Prayer

Leader: Saint Teresa of Ávila believed it is important for us to leave a place for God in our hearts. She knew how much God loved her, and she spent much of her life seeking a place for God in her own heart.

Let us listen to how the missionary disciples among us live a life filled with God's presence.

Leader: Let us pray: Dear God, help us to make room in our hearts for you in our daily lives. If we are to live as Jesus taught us, we need to listen with open hearts and minds. It is for your presence in our lives that we pray:

Reader: That we grow more deeply in love with God in our mind,

All: fill us with your presence, O God.

Reader: That we grow more deeply in love with God in our bodies,

All: fill us with your presence, O God.

Reader: That we grow more deeply in love with God in our hearts,

All: fill us with your presence, O God.

Reader: That you fill our souls with your peace and love,

All: fill us with your presence, O God.

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Missionary Discipleship

When was a time that you allowed God to be more present to you? When do you make time for yourself to let God's Word speak to you? Can you think of something that you remember that God has given to you? How did you feel?

SESSION 6

Receive God's Love and Grace

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Partners in Faith

Saint Ignatius of Loyola

Saint Ignatius was a Spanish soldier. He was badly hurt when he was hit by a cannonball. While he was recovering, he read about Jesus and the saints. Eventually he founded the religious order called the Jesuits. He helped people know God with his book called *Spiritual Exercises*. Saint Ignatius wrote prayers and reflections that we still use. The first Jesuit to be pope was Pope Francis.

Learn more about the life of Saint Ignatius of Loyola.

What Makes Us Catholic?

Our Church understands that we receive different kinds of grace from God. *Sanctifying grace* is a permanent gift we receive to help us be holy and share in God's life. *Actual grace* is a temporary gift that helps us understand what to do in situations as they are happening. It tells us how to act as God wants and make the right decisions according to his will for us. Actual grace gives us the strength to turn away from sin. *Sacramental grace* is the grace we receive in the sacraments. Each sacrament gives us its own particular grace.

Mini-Task

The Communion of Saints reminds us that we are always connected to our brothers and sisters in faith. The Litany of the Saints is a prayer for the intercession of the saints. It includes a list or "litany" of many canonized saints and martyrs.

In the space below, write your own Litany of the Saints. You can start with the names of people in the New Testament who were close to Jesus. You can also ask your siblings who have celebrated Confirmation, parents, and grandparents what their Confirmation name was. This name is usually the name of a saint!

My Litany of the Saints

All you holy men and women, pray for us.

Saint _____ and Saint _____

Pray for us.

Saint _____ and Saint _____

Pray for us.

Saint _____ and Saint _____

Pray for us.

Saint _____ and Saint _____

Pray for us.

All you holy men and women, pray for us!

Amen.

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At Home

Who are some saints that are important in your family's life? In your family prayers at night or at meals, ask those saints to pray for you. The next time your family is at Mass, remember that you are joined to the Communion of Saints in prayer.

Prayer

Leader: Saint Ignatius of Loyola prayed: "Give me only your love and your grace; that is enough for me." Through the sacraments, we discover God's love and grace.

Let us listen to how the sacraments have changed the lives of people among us.

Listen to the stories of missionary disciples among us.

Leader: Let us pray: Jesus, we receive your love and grace in the sacraments and through the stories we shared today. In thanksgiving for the gift of the sacraments in our lives, we pray:

Leader: O God, at Baptism we are clothed in your love and sent to be a living sign of Christ.

All: Give me only your love and your grace; that is enough for me.

Leader: When you forgive our sins, we celebrate your unconditional love for us.

All: Give me only your love and your grace; that is enough for me.

Leader: In the Eucharist you nourish us with your Body and Blood, filling us with your presence.

All: Give me only your love and your grace; that is enough for me.

Leader: With Saint Ignatius we say: "Give me only your love and your grace; that is enough for me."

All: Give me only your love and your grace; that is enough for me.

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Missionary Discipleship

How have you been a living sign of Christ with your family and friends? What happened? How did you feel? What are the ways that you are nourished with the Body and Blood of Christ in the Eucharist?

SESSION 7

Share the Good News

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Partners in Faith

Saint Dominic

Saint Dominic was born in Spain. He lived about the same time as Saint Francis of Assisi. When he was about 25 years old, he became a priest. Several years later, he and six other priests began traveling around and preaching the Gospel. They became known as the Order of Preachers. Today, we call them Dominicans, after Saint Dominic. Dominic said that it was important to study and pray as well as to preach.

Learn more about the life of Saint Dominic.

What Makes Us Catholic?

The Church's sacraments help us to respond to God's grace and grow in virtue. They strengthen us to share God's love with the world. For example, the Sacrament of Confirmation strengthens the gifts of the Holy Spirit within us to "spread and defend the faith by word and action" (*CCC*, 1303). The Eucharist "strengthens our charity, which tends to be weakened in daily life" (*CCC*, 1394). Celebrating the sacraments boosts our ability to give the best of ourselves—to live virtuous lives.

Mini-Task

We pray to thank God for the many gifts in our lives and to ask for blessings for the days ahead. As a family, you may pray together most often at mealtimes.

Ask if you can pray in a new way at mealtime. After saying grace, go around the table, giving time for all family members to say how they will share in the mission of Jesus Christ.

In the space below, write down three ways that you will share in the mission of Jesus Christ.

Family Prayer Prompt

I will share in the mission of Jesus Christ by . . .

At Home

God calls all families to be a light to the world. Talk with your family members about ways your family can be a light to the world. Suggested ways to shine a light can be praying for those in need, sharing God's joy with other families, and serving families who need food and clothing.

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Prayer

Leader: Saint Dominic believed that through a life of prayer, study, preaching, and community, we would be able to live his prayer: "We must sow the seed, not keep it for ourselves." He lived so that others might know and understand God's presence. By doing small things in Christ's name, we can change the world. We, too, become evangelists!

Let us listen to how Jesus' love and presence is made known through modern evangelists among us. Listen to the stories of missionary disciples among us.

Leader: Let us pray:
Lord Jesus, help us to know you in our daily lives. We want to be living witnesses of your love for us and to be evangelists! Teach us to live just as Saint Dominic taught us to share your love in our world.

Leader: For the time and place for daily prayer:

All: O God, help us to sow your seeds in the world.

Leader: For the gift of your Word in Sacred Scripture that feeds us with wisdom:

All: O God, help us to sow your seeds in the world.

Leader: For the strength to act and speak as you have taught us:

All: O God, help us to sow your seeds in the world.

Leader: For the gift of those who love us:

All: O God, help us to sow your seeds in the world.

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Missionary Discipleship

Can you think of a time when you had to do the right thing? Have you ever had to "stand up" for someone who was being bullied or made fun of? How did you feel?

SESSION 8

Bring Jesus to the World

Partners in Faith

Mary, Mother of God

God chose Mary to be the mother of Jesus. Mary is our mother, too. When we need help, we can pray to Mary. When we pray to Mary, we are asking her to talk to Jesus for us.

Learn more about the life of Mary, Mother of God.

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What Makes Us Catholic?

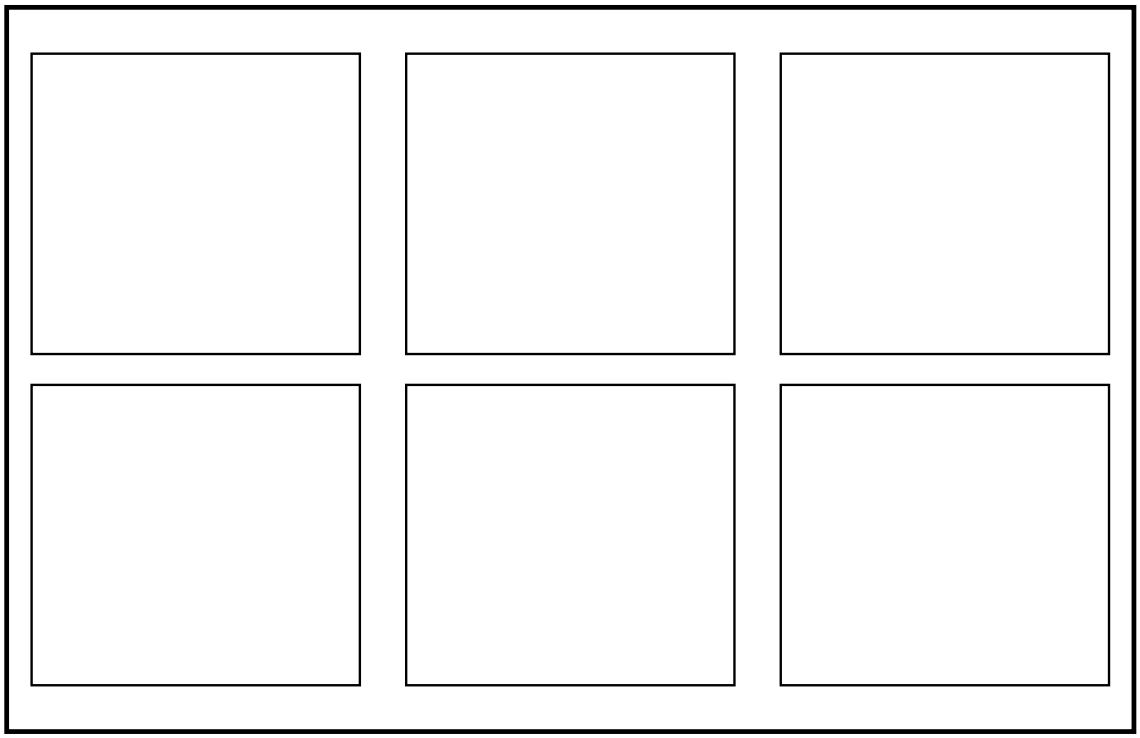
Hopeful, joyful prayer is an important part of Catholic prayer life. When we pray the Rosary, for example, we can meditate on the joyful events in the lives of Jesus and Mary.

The five Joyful Mysteries are: the Annunciation, the Visitation, the Nativity, the Presentation of Jesus in the Temple, and the Finding of Jesus in the Temple. As we celebrate each mystery, we think about what it means to us. And we pray that others experience the joy of Jesus' presence in their lives.

Mini-Task

Mary's response to the angel Gabriel was a pivotal moment in God's plan of salvation.

In the space below, complete a story map about the Incarnation. Be sure to include key characters, events, and the outcome of those events, both immediately and today, in your life.



At Home

As a family, reflect on the meaning of the Incarnation. Invite family members to talk about how this mystery of our faith helps them understand who Jesus is.

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Prayer

Leader: We know that Jesus is alive in our hearts and that he wants us to feel his love. Jesus also wants us to share his love by a kind word or even a smile.

Let us listen to how we can share the love of Jesus with others. Listen to the stories of missionary disciples among us.

Let us pray:
Dear Jesus, we know how much you love us. We can see it in all of creation and in the faces of those who love and care for us. Help us to feel your love.

All: Help us to feel your love.

Leader: Dear Jesus, we know that you want us to love each other. Help us to say a word that will make others feel loved. Help us to share your love.

All: Help us to share your love.

Leader: Dear Jesus, you smiled at your Mother, Mary, when you told her you loved her. Help us to smile at our family members when we tell them we love them. Help us to share your love.

All: Help us to share your love.

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Missionary Discipleship

How do you share Jesus' love with someone in your family or at school? A smile or a kind word is all you need to share.

CHRIST IN US

All the content included in the *Family and Faith* Summer Kit is from Sadlier's new K–6 blended learning catechetical program: *Christ In Us*.

See how *Christ In Us* transforms the experience of religious education at

www.SadlierReligion.com/CIU

Credits for quotes on pages 6, 15, and 21:

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