

# Partnering with Parents to Nurture Family Faith

## Family Faith Formation in 2020-21 Part 2 – Ideas and Strategies

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Challenge

Design

Playlists

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Tools

Curate

Practices

[Digital Tools for Faith Formation](#)

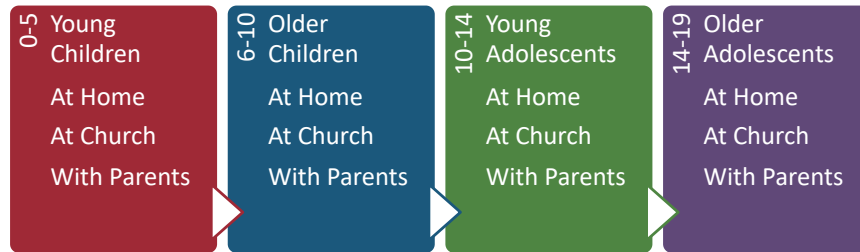
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## Family Formation Plan *Developmentally-Appropriate*



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## Family Formation Plan Activities for Each Life Stage

1. Faith Practices appropriate to the age
2. Seasons of the year
3. Rituals and milestones
4. Learning the tradition
5. Prayer and spiritual formation
6. Reading the Bible
7. Service, justice, care for creation

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## Reaching Families & Parents



*Through the day:* mealtimes, car times, morning and bedtime, exits and entries, family sharing times, waiting for... times



*Through key family moments:* good times and hard times, times of joy and sorrow



*Through the year:* church year seasons, holidays, rituals and celebrations—birthdays, anniversaries, etc.



*Through the lifecycle:* milestones and rites of passage



*Finding the spaces and times in family life*

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## Practical Strategies: Family

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✓ Whole Family Programs

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✓ Event-Centered: Sacraments & Milestones

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Family Experiments

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Faith Practice of the Month

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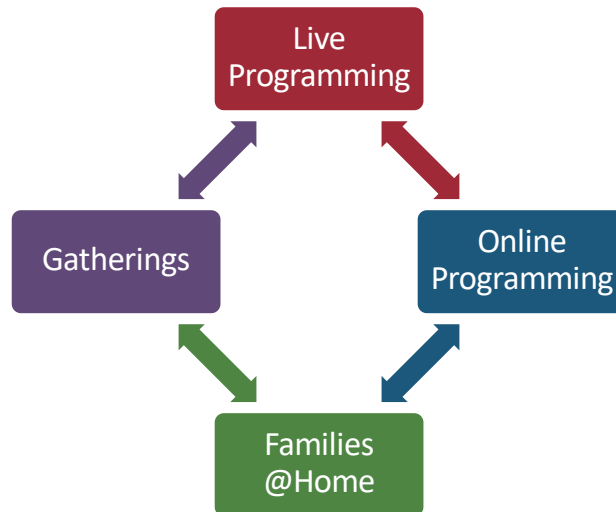
Connect to Sunday Mass

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Seasons @Home and @Church

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## Family Faith Formation in 2020-21



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## 7-Day or 30-Day Family Experiments

1. Focus on a practice.
2. Curate (mobile) resources to explain and demonstrate the practice (video, print, how-to recipe).
3. Publish resources on a web page.
4. Have families find a time to do the practice each day and schedule their time.
5. Do the practice.
6. Remind people daily with text message.
7. Encourage people to share photos or videos on a Instagram # or in a Facebook Group.

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# Faith Practices - Theme for the Month

## Themes

- Prayer
- Reading the Bible
- Christian Practices
- Service, Care for Creation, Social Justice
- Church Year Feasts & Seasons
- Moral Values
- Etc.

## Design

1. Teach: Key Content (video, live stream, small group or large group program)
2. Demonstrate: "How to" do this: personal, family
3. Resources: playlist of faith forming activities on the theme

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# Adult Playlist

### September - A Month of Gratitude

The spiritual practice of gratitude has been called a state of mind and a way of life. But we prefer to think of it as a *grammar*—an underlying structure that helps us construct and make sense out of our lives. The rules of this grammar cover all our activities. Its syntax reveals a system of relationships linking us to the divine and to every other part of the creation.

To learn the grammar of gratitude, practice saying "thank you" for happy and challenging experiences, for people, animals, things, art, memories, dreams, Christ your blessings, and praise God. Offer blessings, and express your appreciation to everything and everyone you encounter. By blessing, we are blessed.


*Frederic and Mary Ann Branson (Opportunityandgratitude.com)*

#### Learn

##### Want to be Happy? Be Grateful


The one thing all humans have in common is that each of us wants to be happy. Says Brother David Steindl-Oest, a monk and interfaith scholar, "And happiness, he suggests, is born from gratitude. An inspiring lesson is always there, looking where you're going, and above all, being grateful. Go to TED to learn more and read the transcript."

For a podcast of Br. David's interview with Krista Tippett about *Gratefulness*, go to: [On Being with Krista Tippett](#)



##### Gratitude Living Life as Gift

Dr. Curtis Demeyer of the Society of St. John the Evangelist describes the gift of gratitude and how to practice gratitude. Go to the TEDx website to watch more.



#### Pray

##### Gratitude Prayer for the Month

Gracious God, in the busyness of my day, I sometimes forget to stop to thank you for all that is good in my life. My blessings are many and my heart is filled with gratitude for the gift of being, for the ability to love and be loved, for the opportunity to see the wondrous wonders of creation, for sleep and waking, for a mind that thinks and a body that feels. I thank you, too, for those things in my life that are less than I would have them to be: things that seem challenging, unfair, or difficult. When my heart feels stretched and empty and yours of mine burn in my weary eyes, all I request that you are as near to me as the next breath and that in the midst of busyness, I am growing and learning. In the silence of my soul, I thank you most of all for your unconditional and eternal love. Amen.

#### Psalms on Gratitude

Read your Bibles on the Psalms each week. (Just click on the title for the Psalm.)

Week 1: Psalm 63 and Psalm 103  
 Week 2: Psalm 102  
 Week 3: Psalm 104  
 Week 4: Psalm 107

#### Read, Listen, & Watch

##### Articles

- Read "Two Words That Will Change Your Life" by Eric Metzner to learn how gratitude begins humility which begins God's grace.

##### Book

This moving book tells gratitude for the blessing of life and the majestic wonder and beauty of nature. It was inspired by the short film *Gratitude*, a word video creation by acclaimed filmmaker Luke Schwaberg recently featured on Oprah's Super Soul Sunday. The book and film pair one of today's most inspiring writers—the beloved phenomenon "A Good Day" written by revered spiritual leader Brother David Steindl-Oest—with learning energy by Schwaberg. This inspirational package includes and just the book but a DVD with four short films by Schwaberg including *Gratitude* and *Brother David's Love At Good Day Video*. The last page has a link to the "A Good Day" audio track, which you can use to create your own video or slide show on what you are grateful for.

• Purchase on Amazon.com

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## Connect Sunday Worship to the Home

### Weekly Lectionary-Based Playlist on the Website

- ✓ family conversation questions
- ✓ weekly table ritual
- ✓ podcast or video of the sermon with a study guide for the parents,
- ✓ children's creative Bible activities
- ✓ storybooks
- ✓ videos presenting the Bible story
- ✓ daily prayer
- ✓ weekly family devotion

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February 10, 2019: Call of the Disciples - Luke 5:1-11



**The Gospel Reading Luke 5:1-11:** [www.usccb.org/bible/readings/021019.cfm](http://www.usccb.org/bible/readings/021019.cfm)

Take a few moments as a parent to reflect on the Gospel of Jesus calling the disciples: [www.americanbible.org/resources/texto-divina](http://www.americanbible.org/resources/texto-divina)

For background on Luke's Gospel, watch the video of Luke 3 - 9. Focus on Luke 5 which is around 2 minutes into the video: [Gospel of Luke Video](#)

Read the Gospel together: [Luke 5:1-11](#)


Do a coloring page together of Jesus calling the disciples.

[Call\\_of\\_the\\_disciples.pdf](#)  
Download File


**Symbol of the Week**

Cut small fish shapes cut out of paper for the children to color. Place these fish shapes in a clear glass bowl on the center of the table. Read the Gospel story together once or twice during the week. Talk about how Jesus calls us to follow him today.

**The Call of the Disciples**



**Children's Storybook**



**Spaghetti in a Hot Dog Bun: Having the Courage to be Who You Are**  
by **Maria Dimondy** (Written for ages 4-11)

Likely after a long night of work, the fishermen were washing their nets and preparing to return to their homes when Jesus comes along and asks Simon to take him out in his boat. Jesus tells Simon to put his net back out into the water, and Simon hesitates for he'd already tried to catch fish all night long and caught nothing. But Simon does as Jesus says, trusting that

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# Celebrate the Seasons




- Identify a monthly seasonal event (church year or calendar year) and developing a webpage for each season
  - Jan: ML King Jr. (justice and peace, serving)
  - Feb: Valentine’s Day (loving)
  - March: Lent (praying, fasting, almsgiving)
  - April: Earth Day (caring for creation)
  - May: Mother’s Day (honor parents, love, care)
  - June: Father’s Day (honor parents, love, care)
  - July: Independence Day (freedom)
  - August: Back to school (new beginnings)
  - Sept: Fall Harvest (grateful, generosity)
  - Oct: St. Francis (care for creation and animals)
  - Nov: Thanksgiving (grateful, generous)
  - Dec: Advent and Christmas
- Organize a seasonal family festival / gathering (virtual or physical) to support the seasonal plan.

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### Rituals & Milestones


*celebrate meaningful, memorable moments in your family*

**Baptism Anniversary**




Share with each of your children the story of their baptism day to celebrate their new life in Christ and embrace their relationship with God as their Father and Creator. Go to [Vibrant Faith at Home](#) for the instructions and worksheets.

**Starting School**




Going off to Preschool or Kindergarten or First Grade for the first time is an exciting milestone for children and their families. As children prepare to venture out from home and begin a new routine at school, they'll hear Jesus' promise to be with them always. Together, the family will create a visual reminder of Jesus' great love for children. Go to [Vibrant Faith at Home](#) for the instructions and worksheets.

**Getting Ready to Worship**



Getting out the door to make it to worship on time can be a trying experience for parents and children. Create a preparation ritual to help your family get ready to worship at your church, whether on Sunday morning, Saturday night, or during the week. Go to [Vibrant Faith at Home](#) for the instructions and worksheets.

**Birthday Celebrations**



**Prayer**  
God, we come today to give thanks to you for creating the life of \_\_\_\_\_ (name). We ask your blessing on \_\_\_\_\_ (name), that he/she may continue to honor and praise you by using the gifts and talents you have given him/her. We ask that \_\_\_\_\_ (name) continue to grow in age, wisdom and grace - as Jesus grew.

**Scripture Reading**  
Be thankful. Let the word of Christ dwell in you richly, as in all wisdom you teach and admonish one another, singing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. (Letter of Paul to the Colossians.)


**Prayer**  
Through Baptism, (name) entered God's special life of love. On this special day of remembrance we ask that (name) may be faithful to God's love and (name) may make good choices in life; may continue to grow in age, in wisdom

### Seasons of the Year

The seasons of the year offers a variety of opportunities for families to celebrate, learn, and have fun together. We have selected one family activity for each month of the year, reflecting the calendar seasons and the church year seasons.


1. January: Martin Luther King Jr.
2. February: Ash Wednesday
3. March: The Real St. Patrick
4. April: Easter and New Life
5. May: Mother's Day
6. June: Vacation Travel
7. July: Independence Day
8. August: Back to School
9. September: Fall Harvest
10. October: A Helping Halloween
11. November: Thanksgiving
12. December: Christmas is Coming!

**January: Serving Others**



Observe Martin Luther King Jr. Day of Service—held on the third Monday of January—with your family. Warm the hearts and feet of people seeking help from emergency shelters with socks and personal hygiene supplies. Try this activity with your family. For instructions follow this link to [Vibrant Faith at Home](#).


**February: Praying through Lent**



Teach your child(ren) a new prayer (or two) over the course of the 40 days of Lent by using it by their bed and praying it together every night at bedtime. Try this activity with your family. For instructions and the special worksheet follow this link to [Vibrant Faith at Home](#).

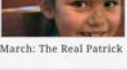
[LENT ACTIVITIES FOR THE HOME](#)

**March: The Real Patrick**



Saint Patrick was a real person, born in Britain in the year 385 C. E. He was once a slave, then ultimately a priest in Ireland. He brought many people to God at a time when many had turned away from the Lord. Try this activity with your family. For instructions and the special worksheet follow this link to [Vibrant Faith at Home](#).

**April: New Life**



The popular custom of coloring Easter eggs comes from an ancient Christian practice of dyeing, cracking, and heating on eggs as an Easter celebration. Instead of randomly coloring eggs, draw names to decorate (and hide) eggs for one another.

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## Practical Strategies: Parents

Parent Lifecycle Workshops / Webinars / Online Resources

Family Life / Parenting Skills Development Workshops / Webinars / Online Resources

Add a Parent Component to Existing Programs (Embed)  
– VBS, Children and Youth Program, etc.

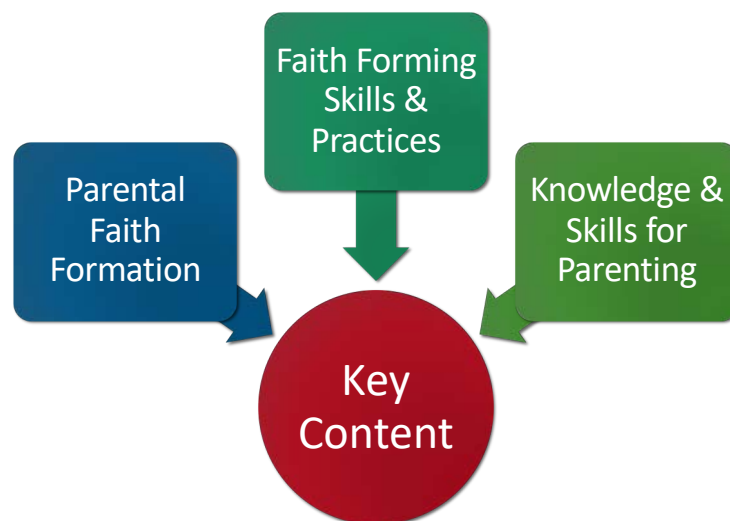
Parent Mentors

Support Groups (life cycle, kindred)

Script a Plan for Parents at Each Stage of Life

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## Empowering Parents



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**Strengthen Your Family Relationships**

Parenting Resources | Skills | About | Tools | Blog

**5 Keys to Strong Parent-Child Relationships**

Express Care | Challenge Growth | Share Power | Provide Support | Expand Possibilities

Developmental relationships are connections that help young people be and become their best selves.

**Understand Ages & Stages**

**Interactive Tools:**

- CHECK IT:** Quick quizzes you and other family members can take to check how you're doing, compare notes, and try new things based on what you discover.
- TALK ABOUT IT:** Curated discussion starters on each topic for:
  - Parents and kids together, and
  - Parenting partners or parenting groups
- TRY IT:** Short, interactive activities you can use with your family to explore each topic—and spend meaningful time together at the same time.
- READ IT:** Selected, high-quality children's picture books and discussion guides, created in collaboration with First Book, to prompt parent-child conversations on relationships.
- LEARN ABOUT IT:** Key background research for each topic.

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**BOYS TOWN** Saving Children | **BOYS TOWN** Healing Families | **BOYS TOWN** Saving Children | **BOYS TOWN** Healing Families | **100 YEARS**

**Featured Parenting Guides**

- Behavioral Disorders:** What does childhood depression, anxiety, bipolar, autism, ADHD, Tourette, and OCD look like? Behavioral disorders are common in adolescence.
- This Digital Age:** Your child grows up in a world where screens are everywhere. Screen time can be both a benefit and a challenge. How can you help your child navigate this world?
- Sleep Issues:** Your child may not be sleeping enough, or they may be sleeping at the wrong time. This can affect their health, mood, and ability to learn.

**More Parenting Guides**

- School:** The school year can be tough for your child. How can you help them get the most out of it?
- Discipline:** There are different ways to discipline your child. What approach works best for your child's personality and needs?
- Identity and Inclusion:** Your child may be exploring their identity. How can you support them in a safe and healthy way?
- Today's Family:** Family structures are changing. How can you support your child in a loving and stable environment?
- Anger:** Your child may be struggling with anger. How can you help them manage their emotions?
- Parenting Through Crisis:** Life can be unpredictable. How can you prepare your child for difficult times?

**Featured Parenting Tools**

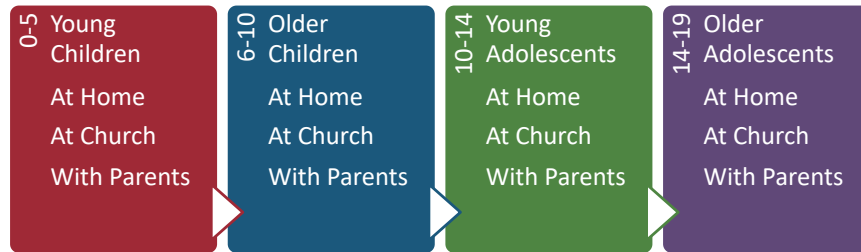
- Teaching Kindness at Home:** Teaching children how to be kind will help them grow into better people and can lead them to happier, more fulfilling relationships with others. Teach kindness at home with this checklist.
- What is a Safety Plan:** A Safety Plan is a roadmap for your life. Just like a map can help you find your way when you're going somewhere, a Safety Plan can help you in the right direction when you get lost in life's challenges.
- Teaching Your Kids to Cope With Crisis:** When your child experiences a tragedy or a crisis, they will be shocked and distressed. Help them cope with their emotions and learn how to deal with these difficult situations.

**More Parenting Tools**

- 12-Day Integrity Challenge:** We've developed a guide with 12 days of easy "challenge" activities you and your child can do together that will help them grow into thoughtful, honest, and moral adults.
- Launching for College:** This ebook will guide you on how to prepare your child for college. It includes tips on how to help your child become a confident and successful college student.
- Tool-a-Day for 12 Days:** You'll receive 12 weeks with all the tools you need to help manage your child's behavior, decrease negative behaviors, and increase positive behaviors.
- Surviving Vacation With Toddlers:** Vacation can be a fun time, but it can also be a challenge for toddlers. This guide will help you prepare for a successful vacation.
- Surviving Vacation With Teens & Tweens:** Vacation can be a fun time, but it can also be a challenge for teens and tweens. This guide will help you prepare for a successful vacation.
- Summer Contract:** This contract will help you set clear expectations for your child's behavior during the summer months.

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# Family Formation Plan *Developmentally-Appropriate*



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