

God Family Friends



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Dear Parents,

The Coronavirus has impacted your family and so many others around the world. In this time of uncertainty and change, there is much hope and possibility.

There are so many things we can no longer do, like: go on vacation, watch or play sports, or even go to Mass on Sunday. It is our desire that you, as parents, make the very most of the challenges we face -- and we have developed a tool to help you do just that!

You have a great opportunity, and your kids have such a great need, to be drawn more deeply into relationship with: God, your family, and with friends. Make time this Sunday to strengthen these foundational relationships.

How to use

Announce to your family that this Sunday will be different. Prayerfully enter into the Green section below and invite Jesus into your hearts and into your home. Use the rest of this resource to spark creative ways to engage your whole family. Turn off the TV and set your phones aside. Take advantage of this time and let the light of Christ transform your family like never before!

"The sabbath was made for man, not man for the sabbath" - Mk 2:27



I wholeheartedly recommend this simple, joy-filled resource to your family so that you might better connect with God, with one another, and with close friends & family this weekend!

+ *Richard E Potes*



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Dear Parish Family,

We believe that we are living in a momentous time of the Church. As we are no longer able to gather in person for the Holy Sacrifice of the Mass and receive the Eucharist, it is easy to feel anxious and discouraged, but we believe Jesus is Lord and will move in power in these times. His grace will be at work! Let us use this as an opportunity to double-down on what the Church has always proclaimed, that the family is the domestic church. Take this opportunity to grow in love of Jesus and as a family to Journey to the Heights. We will help you do this.

Fr Don and Fr Mark



Share your Sunday!

Share a picture of your Sunday experience on [Facebook](#), or post your thoughts on Deacon Senovio's Homily.

Opportunities for you

Daily Mass & Sunday Mass Live Stream*

Sunday Mass @ 9:00 am / Daily Mass 8:00 am

Spiritual Nourishment

Journey to the Heights Lenten Themed Homilies
7 Deadly Sins Taken Down by 7 Lively Virtues
Dealing With Fear

Content Yet To Come:

Overcoming Spiritual Discouragement
in a time of Pandemic
God at Work in the Separation

**All Masses are closed to the public. Go to Facebook and our website. A recording will be posted after the Live Stream.*

Meet the Need Outreach & Support

We have formed a team of people ready and willing to help those in need. If you would still like to offer your help, [please sign up here](#).

If you find yourself in need of errand help (i.e. someone to pick-up groceries for you), in need of a spiritual care phone call, or you just feel alone and isolated and could use a chat, [please sign up here](#).

Stay Connected

Look for "[Stay Connected](#)" on the homepage.



God Family Friends

ALL

In the name of the Father, and of the Son, and of the Holy Spirit.

Parent

Jesus said, "Where two or three are gathered together in my name, there am I in the midst of them" (Mt 18:20). Let's start by recognizing that we are in God's presence right now (pause).

(Ask for someone to read the Gospel, and invite everyone to listen to God's word and for what God might be saying to you)

Gospel Reading - Jn 9:1, 6-9, 13-17, 34-38

Reader

A reading from the holy Gospel according to John.

ALL

Glory to you, O Lord.

Reader

As Jesus passed by he saw a man blind from birth.
He spat on the ground and made clay with the saliva,
and smeared the clay on his eyes,
and said to him,
"Go wash in the Pool of Siloam" — which means Sent —.
So he went and washed, and came back able to see.

His neighbors and those who had seen him earlier as a beggar said,
"Isn't this the one who used to sit and beg?"
Some said, "It is," but others said, "No, he just looks like him."
He said, "I am."

They brought the one who was once blind to the Pharisees.
Now Jesus had made clay and opened his eyes on a sabbath.
So then the Pharisees also asked him how he was able to see.
He said to them,
"He put clay on my eyes, and I washed, and now I can see."
"So some of the Pharisees said,

“This man is not from God,
because he does not keep the sabbath.”
But others said,
“How can a sinful man do such signs?”
And there was a division among them.
So they said to the blind man again,
“What do you have to say about him,
since he opened your eyes?”
He said, “He is a prophet.”

They answered and said to him,
“You were born totally in sin,
and are you trying to teach us?”
Then they threw him out.

When Jesus heard that they had thrown him out,
he found him and said, “Do you believe in the Son of Man?”
“He answered and said,
“Who is he, sir, that I may believe in him?”
Jesus said to him,
“You have seen him, and the one speaking with you is he.”
He said, “I do believe, Lord,” and he worshiped him.

Reader

The Gospel of the Lord

ALL

Praise to you Lord Jesus Christ!

Parent

Remember this Gospel story, because we are going to talk about it later... Since we are unable to go to Mass today, we are going to make a spiritual communion now - together as a family.

Spiritual Communion

Parent

“Is there anything or anyone that we should pray for? (Pause for all intentions. Ask everyone to respond, “Lord, hear our prayer”)

Now let's pray the prayer that Jesus taught us.

ALL

Our Father, who art in Heaven...

Parent

I am going to lead us through the prayer to make a spiritual communion. Repeat after me:

ALL

**My Jesus...
I believe that You are truly present...
in the Holy Eucharist.
I love You above all things...
and I want to be with you.
Since I am unable to receive you at Mass...
please Jesus, come into my heart.
Be with me now...
and never let me be separated from you.
Amen.**

Parent

Let's just spend a little time in quiet. Be with Jesus. Speak to Him from your heart. We will finish with the sign of the cross (Pause).

(Tell your family you love them & thank them for doing this with you)

ALL

In the name of the Father, and of the Son, and of the Holy Spirit.

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Reconnect & Re-Create

How easily we allow our relationship with God to be an after-thought! How often are you running around all weekend - to events, sports, shopping, and a million other things?

You have made a great start by reconnecting with God and receiving Jesus in your hearts! Now, with God, turn your attention to your family.

Break out of the norm and to enjoy your family in new and creative ways! Take the initiative to "re-create" as a family (not recreate). Let this Sunday be a time of joy and peace with God and your entire family.

We have some fantastic suggestions for you... Take a look and give them a try. Whatever you do, do something new!

Free Family Fun!

Let's strive to embrace the sanctity present in our everyday lives – in the brief moments of encounter with our children, or perhaps a longer conversation that pops up out of the blue. If we are open to the movements of God in our families, we will discover that the Lent that God planned for us is far more fruitful than our own.

Directions (Good for all ages):

Blindfold one person and let another person be their eyes. Give clear directions for them to follow as they walk. Take turns... and be sure that Mom and Dad put the blindfold on too!



Everyone Share:

- Q: What was it like to try and walk without being able to see?
- Q: What did you feel? What were your senses doing (ears, feet, face)?

Good for the whole family!



Blindfolds



Open Space

Take it to the NEXT LEVEL! (Teens and up)

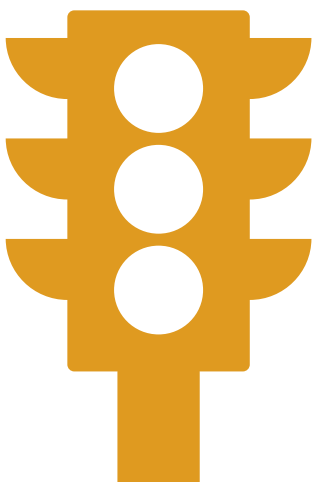
Using the same directions, blindfold one person and walk them through making a batch of cookies! The blindfolded person will make the batter, get the cookie sheet, set the timer, etc. BUT! Be sure that the one who can see puts the cookies in the oven!

Take turns, and make a TON of cookies... get ready for **FAMILY MOVIE NIGHT!**

- Q: What was the most difficult thing for you?
- Q: What frustrated you the most?
- Q: What surprised you the most?
- Q: How has this experience changed your thinking?

Pro Tip:

You can best help kids to remember this process by practicing when they are calm.

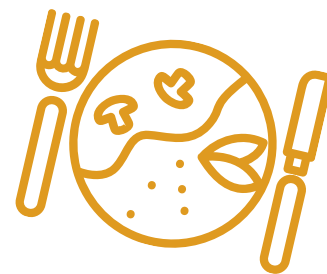


"The Stoplight" - Helping Kids in Conflict

- Ask your child/children to close their eyes and picture a stoplight.
- When the **RED** light is on, they should take three deep breaths and think of something calming.
- When the light turns **YELLOW**, it's time for them to look at the problem. (Can they solve the problem? Or do they need help from an adult?)
- Ask your child to think of two ways to solve the problem.
- When the light turns **GREEN**, ask your child/children to choose one solution to try. (Ask for help, Go outside and run around, Work on a compromise).

'Teach the stoplight' by Katie Hurley, LCSW

"Bless us, O Lord! and these Thy gifts for which we are about to receive, from Thy bounty, through Christ our Lord. Amen."



Dinner Conversation Tonight

Use some of these questions for discussion during your family meal. Ask for each person to share an answer before moving to the next family member.

- From the Gospel earlier... How do you think you would have reacted if Jesus had cured your blindness?
- God has given us many gifts, beside the food in front of us. What other gifts are you thankful for today? (Name at least two)
- What gifts were removed from you recently? How did it feel without those? (Note: perhaps your young children are not keenly aware of the Coronavirus)
- What are you missing most? Why did you pick that?
- What gift would you like God to provide for you this week?

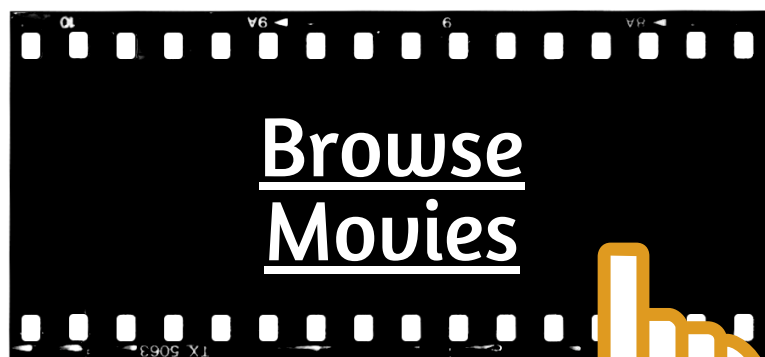
"We give you thanks Almighty God, for these and all Thy gifts which we have received from Thy goodness, through Christ Our Lord. Amen."

Family Movie Night

FORMED - which some people call "Catholic Netflix" - has given your family free access to all of their resources, and you can stream all of their content 24 hours a day! All families in the Diocese of Joliet can access using the links below. It is so quick and easy!

After you register, browse a movie for tonight! Share good movie suggestions with family, friends, and those in your parish. Enjoy!

 Sign up for FREE!



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Phone a Friend

Your family probably cannot connect with friends as easily as you may be used to doing. Could your family be a little more intentional to break out of what has become a "usual" evening and help another family to do same?

To which family in your parish could you propose a virtual game of Simon Says?? Use Skype or Zoom.us... Be creative and have some out-of-the-ordinary fun!

FaceTime Grandma & Grandpa

Don't forget about Grandma and Grandpa! They would love to sit down with your family over FaceTime or Google Duo.

But maybe you connect often with grandparents... How about "adopting" a grandparent or two from your parish family? Reach out to them, check in often, and love up on them.

Connect with Your Parish

The greatest commandment is *to love the Lord your God with all your heart, mind soul and strength*. The second greatest is *to love your neighbor as yourself*.

There are many ways to love your neighbor in this time. Look down down the street, but look also to your parish. Your Pastor and parish leadership may be aware of an elderly person who fears going to the grocery store. Could you volunteer to go shopping for them whenever you go out to get groceries?

Such a simple way to care for a neighbor in need!

