FAMILY RESOURCES
Third Week of Easter: April 26 - May 2
USING THIS RESOURCE

These weekly packets of Holy Spirit at Home will have activities that you can do daily by yourself or with your family. We hope that, while we cannot be physically together, doing these prayers and activities as a parish can bring us together spiritually.

Each day will have 5 sections. Do the ones that apply to your life and family situation. Don't feel overwhelmed because you can not do them all! Start small if you need to. Picking one day out of the week to do this with your family, or one section a day. Our goal is to send these packets every week so that you can continue to build the home with faith, hope and love!

GATHER
This section will have something to act on for the day as well as activity suggestions for the family to do together.

Suggestions for activities with younger children are on the last page.

READ
This will be either one of the readings from the day or a bit about the life of a Saint. Read this by yourself or with your family.

REFLECT
This is a suggestion for something to reflect and ruminate on in personal prayer time. It may be a question or something for imaginative prayer.

PRAY
This is a prayer suggestion to do with your family or a friend. You can do this on a phone call, video conferencing, or with your immediate family in person.

DISCUSS
This is a question or two to discus with family or friends on the phone or in person with the people in your household.
GATHER
Find someone to go on a walk with this week. This can be someone in your household or you can go on a walk “virtually” by calling a friend and going on a walk in different places at the same time.

READ
That very day, the first day of the week, two of Jesus’ disciples were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him. He asked them, “What are you discussing as you walk along?” They stopped, looking downcast. One of them, named Cleopas, said to him in reply, “Are you the only visitor to Jerusalem who does not know of the things that have taken place there in these days?” And he replied to them, “What sort of things?” They said to him, “The things that happened to Jesus the Nazarene, who was a prophet mighty in deed and word before God and all the people, how our chief priests and rulers both handed him over to a sentence of death and crucified him. But we were hoping that he would be the one to redeem Israel; and besides all this, it is now the third day since this took place. Some women from our group, however, have astounded us: they were at the tomb early in the morning and did not find his body; they came back and reported that they had indeed seen a vision of angels who announced that he was alive. Then some of those with us went to the tomb and found things just as the women had described, but him they did not see.” And he said to them, “Oh, how foolish you are! How slow of heart to believe all that the prophets spoke! Was it not necessary that the Christ should suffer these things and enter into his glory?” Then beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures. As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, “Stay with us, for it is nearly evening and the day is almost over.” So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, “Were not our hearts burning within us while he spoke to us on the way and opened the Scriptures to us?” So they set out at once and returned to Jerusalem where they found gathered together the eleven and those with them who were saying, “The Lord has truly been raised and has appeared to Simon!” Then the two recounted what had taken place on the way and how he was made known to them in the breaking of bread.
REFLECT
Sunday is the day of rest. Spend some time in quiet prayer today, even if it is just 5 minutes to rest in the words Jesus gave us in today’s Gospel. It helps to do this away from your phone or other screens.

PRAY
Lord, help us to rest today. This world has so many distractions, and our life can get too busy. Thank you for this opportunity to slow down and spend time with our families. Help us to rest in you today and this week.

DISCUSS
What is your favorite way to rest? What does rest look like to you? How can you rest together as a family?
GATHER
Today’s Gospel is about trust, belief and service. Find some way you can serve a member of your family today. It may be as simple as noticing their water glass is empty and filling it, or getting someone a snack when they are hungry. Every time you serve someone today say “Thank you God for the opportunity to do your will by [name the way you are serving, ex. picking up this pair of shoes off the floor].

READ
John 6: 22 - 29
The next day, the crowd that remained across the sea saw that there had been only one boat there, and that Jesus had not gone along with his disciples in the boat, but only his disciples had left. Other boats came from Tiberias near the place where they had eaten the bread when the Lord gave thanks. When the crowd saw that neither Jesus nor his disciples were there, they themselves got into boats and came to Capernaum looking for Jesus. And when they found him across the sea they said to him, “Rabbi, when did you get here?” Jesus answered them and said, “Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled. Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you. For on him the Father, God, has set his seal.” So they said to him, “What can we do to accomplish the works of God?” Jesus answered and said to them, “This is the work of God, that you believe in the one he sent.”

REFLECT
Take a few moments to reflect on the verse: “Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you.” What is God saying to you here?

PRAY
Jesus, your followers asked, “What can we do to accomplish the works of God?” What can I do right now to work towards God’s will? How are you asking me to serve you during this time?

DISCUSS
After your prayer time, take a few moments to discuss with friends or family how God is asking you to serve right now. How can we help each other in serving God and doing his will right now?
GATHER
In today’s gospel we talk about bread. Jesus is the bread of life that we receive in the Eucharist at Mass. Living Bread. Have you ever made bread? If you have the supplies, making bread is an interesting way to pray. Bread is very important in our Faith. Have you ever considered how it is made? With a basic flour, water, salt, yeast bread there is a time of mixing, kneading, waiting, kneading, waiting, baking, and then celebrating and enjoying. Much like our life where God takes our talents and puts them together, then kneads us and encourages us to grow, sometimes we have to wait on God’s plan. Ultimately that plan is put into action (baked) and then we will get to enjoy and celebrate in Heaven when our time on Earth is complete!

Yes, making bread is a huge undertaking, and many of us are having trouble finding flour and yeast right now. You can instead, time out your day to look up a video about how bread is made and baked.

READ
John 6: 30 - 35
The crowd said to Jesus: “What sign can you do, that we may see and believe in you? What can you do? Our ancestors ate manna in the desert, as it is written: "He gave them bread from heaven to eat.” So Jesus said to them, “Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world.” So they said to Jesus, “Sir, give us this bread always.” Jesus said to them, “I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.”

REFLECT
Jesus said, “I am the bread of life.” God wants to be received by you the way you receive a nourishment from a meal. What does this mean for our relationship with God?

PRAY
Lord, help my unbelief. You say you are the bread of life. This is difficult to understand. However, you ask us to believe not necessarily to understand. So, help me believe in you more, especially during this time when I cannot receive you sacramentally.

DISCUSS
How long has it been since you have been able to receive the Eucharist? How does that make you feel? What do you think Jesus means when he says, “I am the bread of life.”?
GATHER
St. Catherine of Siena is one of the patron saints of Nurses. Take a moment to think about all of the nurses you know and send them a text or email to thank them for their service, especially during this pandemic time. Say a prayer thanking God for all of the Nurses working right now to fight Coronavirus.

READ
St. Catherine of Siena was born in Rome on March 25th 1347 and died on April 29th 1380.

Saint Catherine was a laywoman, associated with the Dominican Order. She was also an author who had great influence on Italian literature and the Catholic Church. She is also a doctor of the church. Saint Catherine is very unique in the political affect she had on the Catholic Church in Italy in the 1300’s. It was very unusual for a woman to have so much power at the time. At an early age she devoted herself to god and joined the Dominica Tertiaries, against the will of her parents. Until the age of 21, she lived a secluded life at home. After that, God called her to live a more active ministry life outside of the home. Catherine spent much of her time caring for the sick in hospitals especially those with serious diseases like leprosy and cancer. During a terrible outbreak of the plague in 1374, Catherine and her associates worked night and day to care for the sick.

Catherine went throughout northern and central Italy where she started telling people that through the “total love of God” that repentance and renewal was possible. Using the influence she had, she swayed the people away from the anti-papal league which was gaining momentum and power.

REFLECT
A famous quote by St. Catherine is “If you are what you should be, you will set the whole world ablaze!” take a few moments to reflect on this quote and how it applies to your life.

PRAY
St. Catherine of Siena, patron of Nurses, please pray for us and for all of the Nurses serving in the hospitals right now.

DISCUSS
What was the most interesting part of St. Catherine’s life? Catherine worked in healing the sick, comforting the dying, visiting those in prison, taking political action, and more. After reading St. Catherine’s story, where are you being called to do God’s work?
GATHER
Shout for Joy! Today’s Psalm is all about crying out to God with joy for what he has done for us. Time to get a little silly. When was the last time you truly shouted for joy? Think about all of the blessings in your life, everything you are thankful for and write them down: Your health, your family, your life, your job, your friends. These are just a few suggestions of the countless gifts God has given us in our lives. Once you write them down, take a moment to praise God. REALLY praise him. Shout it out!

READ
Psalm 66:8-9, 16-17, 20
Bless our God, you peoples,
loudly sound his praise;
He has given life to our souls,
and has not let our feet slip.
R. Let all the earth cry out to God with joy.
Hear now, all you who fear God, while I declare what he has done for me.
When I appealed to him in words, praise was on the tip of my tongue.
R. Let all the earth cry out to God with joy.
Blessed be God who refused me not my prayer or his kindness!
R. Let all the earth cry out to God with joy.

REFLECT
“Blessed be God who refused me not my prayer or his kindness.” Take a few moments to reflect on this verse from the Psalm. God loves to hear our prayers and share is kindness, just sit with that for a few moments.

PRAY
Reading out loud the whole Psalm 66 from your Bible in prayer.

DISCUSS
Do I praise God for the gifts he has given me? What are some of the gifts God has given you? How can you better praise and thank him for those things?
GATHER

Today’s first reading is about a man whose life was completely changed by an encounter with Jesus. In it he was blind for a time and had to be lead by others to complete even the most simple tasks of his day. Ask someone in your household to lead you blindfolded through a simple daily task like brushing your teeth, pouring a glass of water, or going for a walk. Make sure to switch and lead someone blindfolded through their own task. Please remember safety, do not try to cook blindfolded! If you live by yourself or you do not have someone who can lead you, go outside for 5 minutes and sit with your eyes closed. Make a mental note of everything you notice, smells, sounds, feelings.

READ


Saul, still breathing murderous threats against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues in Damascus, that, if he should find any men or women who belonged to the Way, he might bring them back to Jerusalem in chains. On his journey, as he was nearing Damascus, a light from the sky suddenly flashed around him. He fell to the ground and heard a voice saying to him, “Saul, Saul, why are you persecuting me?” He said, “Who are you, sir?” The reply came, “I am Jesus, whom you are persecuting. Now get up and go into the city and you will be told what you must do.” The men who were traveling with him stood speechless, for they heard the voice but could see no one. Saul got up from the ground, but when he opened his eyes he could see nothing; so they led him by the hand and brought him to Damascus. For three days he was unable to see, and he neither ate nor drank. There was a disciple in Damascus named Ananias, and the Lord said to him in a vision, “Ananias.” He answered, “Here I am, Lord.” The Lord said to him, “Get up and go to the street called Straight and ask at the house of Judas for a man from Tarsus named Saul. He is there praying, and in a vision he has seen a man named Ananias come in and lay his hands on him, that he may regain his sight.” But Ananias replied, “Lord, I have heard from many sources about this man, what evil things he has done to your holy ones in Jerusalem. And here he has authority from the chief priests to imprison all who call upon your name.” But the Lord said to him, “Go, for this man is a chosen instrument of mine to carry my name before Gentiles, kings, and children of Israel, and I will show him what he will have to suffer for my name.” So Ananias went and entered the house: laying his hands on him, he said, “Saul, my brother, the Lord has sent me, Jesus who appeared to you on the way by which you came, that you may regain your sight and be filled with the Holy Spirit.” Immediately things like scales fell from his eyes and he regained his sight. He got up and was baptized, and when he had eaten, he recovered his strength. He stayed some days with the disciples in Damascus, and he began at once to proclaim Jesus in the synagogues, that he is the Son of God.
REFLECT
Thinking about today’s first reading, how are you like Saul in your life? How are you like the people who were with Saul? How are you like Ananias?

PRAY
Dear Jesus, help me to be like Saul and turn from my sin and turn towards you. Help me to be like the travelers with Saul and lead others to you. Help me to be like Ananias and do your works and miracles in the world.

DISCUSS
How would it feel to be suddenly blind for 3 days? How would it feel to be completely reliant on other people for every small thing? Are you completely reliant on God for every small thing in your life? How can you trust in God more?
SATURDAY, 5/2/2020
MEMORIAL OF SAINT ATHANASIUS, BISHOP AND DOCTOR OF THE CHURCH

GATHER
Today’s Gospel talks about how many people stopped following Jesus after his proclamation that he was the bread of life. The people left because they didn’t believe. It is a really hard thing to believe, but so are a lot of the things we take for granted today. If you went back in time to when your Grandmother was a young girl, do you think she would believe you if you told her about the iPhone or the internet? Nope, she’d probably think you were crazy. Think about the things in your house that someone 50 or 100 years ago would not believe. Try to live 1 day without those things. Can you do it?

READ
John 6: 60-69
Many of the disciples of Jesus who were listening said, “This saying is hard; who can accept it?” Since Jesus knew that his disciples were murmuring about this, he said to them, “Does this shock you? What if you were to see the Son of Man ascending to where he was before? It is the Spirit that gives life, while the flesh is of no avail. The words I have spoken to you are Spirit and life. But there are some of you who do not believe.” Jesus knew from the beginning the ones who would not believe and the one who would betray him. And he said, “For this reason I have told you that no one can come to me unless it is granted him by my Father.” As a result of this, many of his disciples returned to their former way of life and no longer walked with him. Jesus then said to the Twelve, “Do you also want to leave?” Simon Peter answered him, “Master, to whom shall we go? You have the words of eternal life. We have come to believe and are convinced that you are the Holy One of God.”

REFLECT
Put yourself in the Gospel as Peter. Jesus just told a huge crowd of people something completely unbelievable and everyone left. Then Jesus asks you “Do you also want to leave?” How do you answer?

PRAY
Jesus help my unbelief. Help me to follow you even when I don’t understand. Help me to follow you even when it seems like no one else is. Jesus help me to be like Peter and believe.

DISCUSS
Discuss with your family how you did with today’s GATHER activity. What was hard about it? What items were easy to live without? If we can’t even go a day without some of these material things, how long do you think we can live without Jesus and his unbelievable teaching?
GATHER ACTIVITIES FOR YOUNGER CHILDREN

SUNDAY
For families with young children: Watching Mass on livestream is the best way we can participate in Mass right now. There is a special opportunity when watching Mass online however. Children often have many questions about what goes on during Mass and they are usually encouraged to be quiet and ask those questions after Mass is over. Unfortunately, they may forget those questions by the time Mass is over. When you are watching Mass this weekend, if you child has a question, pause the livestream or recording and take some time to discuss the question. Then begin Mass again.

MONDAY
Talk about service with your child. What does it mean to serve someone? Help your child think of one way they could serve each member of the family today in some small way. This can be noticing that someone is thirsty and getting them a cup of water or clearing everyone’s dishes from the table after lunch or dinner.

TUESDAY
Find a video online together about how to make bread. Cooking shows usually do a good job of being succinct. Discuss how the bread is made and how much time there is to wait and how much work there is to do. If you have the time and ingredients, consider making bread together.

WEDNESDAY
Have your child write a note to a Nurse in your family or a Nurse friend you have Thanking them for all the hard work they do in honor of St. Catherine of Siena. If you do not know a Nurse, do a google search to see if there is a way to send a note to your local hospital thanking the nurses for all they are doing.

THURSDAY
Shout for Joy! Put on a praise and worship song and dance, shout, and sing with your child(ren). Talk about all the blessings you have in your life and how we are shouting with joy to thank God for everything.

FRIDAY
Lead your child around blindfolded through a simple activity like a puzzle or eating a bowl of rice. Then let your child lead you through a similar activity. Please keep safety in mind while letting your child lead you. However, try to do it and trust your child, just keep to a simple activity like a puzzle. Don't be afraid to be silly!

SATURDAY
Help your child find 1 item that they use that has been invented in the last 50-100 years that would be unbelievable to someone before it was invented. Help them to try to live 1 day without it. Talk about how Jesus’ teaching that he is the bread of life was very unbelievable to the people who followed him.