

October Theme: Domestic Church. We explore the idea of the domestic church, where faith formation begins, daily prayer is shared, works of mercy happen and traditions & rituals are nurtured.

Scripture: As for me and my household, we will serve the LORD. -Joshua 24:15

Focus: Establish and enhance a prayer life as a household.

At Home

Bless your child (any age)

As you lay your children down to sleep or before they head out the door, gently cross their foreheads with your thumb saying, "May God bless you & keep you!"

Celebrate All Souls Day (any age)

Remember those who have died with an [All Souls Day Celebration](#).

Dinner Table Conversation (preschool-adult)

The dinner table is a great time to talk about your faith. Ask one of [these questions](#) to get the conversation started!

Examine your prayer life (preschool-adult)

Take some time to examine your prayer life personally and as a household with the [Prayer Life Survey](#).

Prayer activity (elementary, including kids with special needs)

Complete [My Prayer Book](#), a cut and paste activity.

Prayer cards (toddler-adult; CGS inspired activity)

Color & decorate a prayer card to add to your prayer table. Use these [instructions](#) and [prayer cards](#) or create your own.

Praying with children (preschool-elementary: CGS inspired activity)

Read [Prayer and the Child](#) on how to nurture a child's relationship with God through prayer.

Special needs adaptations

If you need adaptations for a child with special needs, please contact Beth at SFASpecialNeeds@saintfrancischurch.org

Start a prayer journal (teen-adult)

Some people pray best when they write their prayers and can look back to see how God has answered them. Read [How to Start a Prayer Journal](#) and use these [20 Prayer Journal Prompts](#) for inspiration.

Virtually

Cultivating Your Sanctuary (adult)

Watch [Cultivating Your Sanctuary](#) on FORMED to discover the different ways we strive to be holy and how we can embrace differences, encourage others and nurture each member of our household. Visit the [FORMED page](#) to learn how to register for a free account.

Enjoy story time (infant-toddler)

Enjoy story time with Sue Kirkhart, Parish Receptionist, as she shares [All Day Long, God Loves Me](#) by Mikal Keefer and illustrated by Nomar Perez.

Prayer App (teen-adult)

Install a prayer app on your phone/tablet and commit to using it. These are three great options:

- [Pray as You Go](#)
- [Echo Prayer](#)
- [Laudate](#)

Read a blog (teen-adult)

Read one of the following blog posts which offer additional ideas on ways to improve your prayer life. Try to implement one of the suggestions:

- [Prayer: 12 Practical Ways to Improve Your Prayer Life](#)
- [Making Your at-Home Prayer Space](#)
- [Your Prayer Starter Kit: 10 Things to Help You Pray Today](#)

Rosary for kids (preschool-high school)

October is known as the month of the Rosary. Read this great blog post on [How to Pray the Rosary with Kids-10 Tips to Get Started](#) from Catholic Icing.

Hybrid

Join a faith sharing group or create your own (adult)

Learn more about faith sharing opportunities at St. Francis: [men](#), [women](#), [young adults](#)! If these groups won't meet your needs, invite a of couple friends to meet regularly to talk about faith. Reflecting on the Sunday readings is a great discussion starter!

Liturgical year (elementary-adult)

The Liturgical Year records the life of our family through faith. Read more about the [different seasons and colors](#).

- Dive deeper into [Liturgical Seasons](#) (3rd grade-adult)
- Watch the video [“Liturgical Calendar, What does it Mean?”](#) (teens-adults)
- Watch the video [“Vestments: Why does Father wear certain colors at different Masses?”](#) (Family)
- Color your own [liturgical calendar](#) (K-5th grade)
- Check out other [Printable Crafts for Catholic Kids](#)

Practice Prayer (any age)

Establishing a prayer life takes practice. Try one of these prayer “workouts.”

- [Pray anytime, anywhere!](#)
- Learn and pray a [traditional Catholic prayer](#).
- Pray the [Five Finger Prayer](#).
- Attend one weekday mass.
- Adore one day per week.
- Pray a [daily examen](#).

- Pray for the **Together in Faith** program.

Read **Missionary Parenting** (adult)

Read the book **Missionary Parenting: Cultivating the 6 Key Relationships Essential to Your Domestic Church** by Nannet A. Horton and Bob Horton, parishioners at St. Thomas Aquinas in Ames. Available in paperback or electronically.