

Family Gospel Activities during the Week...



- Make a bird feeder for the garden or outside a window. (Use bird-seed, from local supermarket, not bread.) This one has peanut butter to stick the seed together.
- Have a family walk in the park, and take some birdseed with you to feed the sparrows.
- Remember that God loves us all even more than these...
- Be a steward in God's creation by doing something good for the environment.
- Help and remind each other to follow the Gospel teachings, even if it may not be what the world teaches.



Make a birdfeeder for the garden

- A half-orange filled with birdseed.
- A simple milk-container...
- The half-apple has a peanut butter and bird-seed mix in the core.
- The local garden centre is sure to have a kit-set birdfeeder.
- Even a plastic plate can be recycled
- Or have a family walk in the park – just remember birdseed is much better than bread for their digestion.



Family Prayer Basket

We each need reassurance of God's love and protection. Parents can help the entire family to grow in trust and confidence in God by little reminders of the ways we are entrusted to God's care. These can be morning and evening prayers, grace before and after meals, gratitude for the little things of life, even rain and sunshine, birds and trees.

As the family gathers, distribute paper and pen to everyone gathered. Ask them to write or draw ways in which they believe that God's help is needed for each person, and for the family as a whole. Each can then be collected in a basket for the prayer space.

Invite one member of the family to read aloud, Matthew 10:26-33.

Recall together how well God knows your family and thank God for this wonderful grace. Conclude by praying together for each of the needs identified on the slips of paper. After each need is read, pray together,

"God, we trust you because you know us so well."

Conclude by praying the Glory Be...

This practice might become a regular part of your family's prayer. Set the basket in your altar or prayer space and encourage family members to add other needs throughout the week.

Perhaps your family can pray for these things together during a family meal.