

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>"All of the love that God has in himself, all of the beauty that God has in himself, all of the truth that God has in himself, he gives to the family. And a family is truly a family when it is able to open its arms and receive all of this love." Pope Francis</p>						<p>1</p> <p>Observe a meatless Friday today. Serve vegetarian pizza for dinner and relax.</p>	<p>2</p> <p>Go through a closet and donate extra clothes, books, and/or toys to a local charity.</p>
<p>3</p> <p>Pay close attention at Mass today and find something new you hadn't previously noticed.</p>	<p>4</p>  <p>Sing "God Bless America." Offer prayers for our leaders and for soldiers serving overseas.</p>	<p>5</p> <p>Show your family love by giving "good morning" hugs, "thank you" hugs, "I'm glad you're mine" hugs...</p>	<p>6</p> <p>Bake cookies together using a recipe. Talk about how following God's recipe for our lives will make something wonderful.</p>	<p>7</p> <p>Read about one of the saints. Pray to him or her to intercede for your family.</p>	<p>8</p> <p>Today, practice listening more than you talk. You might be surprised at what you learn.</p>	<p>9</p> <p>Say "I'm sorry" to someone you've hurt and go to Confession to celebrate God's unending mercy.</p>	
<p>10</p> <p>After Mass, start a new Sunday tradition. Say a special prayer, make a favorite meal, or play at a park together.</p>	<p>11</p> <p>Select a person or situation in the news and devote a family prayer to it.</p>	<p>12</p> <p>Exercise empathy; try to see someone else's viewpoint by playing "How would I feel if..."</p>	<p>13</p> <p>Have everyone write a prayer petition on a piece of paper and place it in a bowl. Choose from the bowl and pray for each other's petitions all week.</p>	<p>14</p> <p>St. Kateri Tekakwitha is the patron saint of the environment. Go for a short walk in your neighborhood and enjoy God's creation.</p>	<p>15</p> <p>Read James 5:16, "Confess your faults one to another, and pray for another..." Forgive someone.</p>	<p>16</p> <p>In honor of the feast day, look up the story of St. Simon Stock and Our Lady of Mt. Carmel. Say a prayer entrusting your family to Mary's care.</p>	
<p>17</p> <p>Attend Mass as a family and pray for peace.</p>	<p>18</p> <p>Take every opportunity today to say, "I love you," "Thank you," and, if necessary, "I apologize."</p>	<p>19</p> <p>As a family, pick a virtue and practice it all day. (Faith, hope, charity, prudence, justice, fortitude, temperance.)</p>	<p>20</p> <p>Prove to someone you love that you are trustworthy. Make a promise and keep it.</p>	<p>21</p> <p>Make one positive choice today that can make a difference at home.</p>	<p>22</p> <p>Lie on a blanket in your backyard together and gaze at the night sky. Marvel at God's creation.</p>	<p>23</p> <p>Gather up all the loose change in the house and put it in the Poor Box at church tomorrow.</p>	
<p>24</p> <p>Stay behind after Mass today to look at the stained glass windows. Talk about how beautiful our souls are when we let God's light shine through.</p>	<p>25</p> <p>Donate canned goods to a soup kitchen.</p>	<p>26</p> <p>Go on a picnic at a nearby park.</p>	<p>27</p> <p>Family Fun: Catch fireflies in a jar tonight. Then let them go and watch them fly.</p>	<p>28</p> <p>Turn the television off tonight and play some board games together.</p>	<p>29</p> <p>In honor of St. Martha, who waited on Jesus, bring a meal to someone who is homebound. Be prepared to stay and chat for a few minutes.</p>	<p>30</p> <p>Help build a more loving and patient family. Resolve to use only kind words today.</p>	
<p>31</p> <p>Before Mass today, review the readings together (Ecclesiastes 1:2; 2:21-23, Colossians 3:1-5, 9-11, Luke 12:13-21).</p>	<p>"In our own time, in a world often alien and even hostile to faith, believing families are of primary importance as centers of living, radiant faith. For this reason the Second Vatican Council, using an ancient expression, calls the family the <i>Ecclesia domestica</i>. It is in the bosom of the family that parents are 'by word and example . . . the first heralds of the faith with regard to their children.'" (Catechism of the Catholic Church, #1656)</p>						



August

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	1 St. Alphonsus Ligouri loved the Eucharist. In his honor, make a visit to Jesus in the Blessed Sacrament.	2 Find someone who is doing what you want to be doing well, and ask them how they do it.	3 Promise one another not to complain today and find at least one positive thing to share.	4 St. John Vianney is the patron saint of priests. Send a homemade card to a priest who is special to your family.	5 Attend First Friday Mass or benediction as a family. There are special graces involved in First Friday observances.	6 The Transfiguration: Read Luke 9:28b-36 and serve vanilla ice cream, recalling that Jesus's garments became whiter than snow.
7 Ask each person to listen carefully to the homily at Mass today for one idea to implement this week.	8 Offer up an unpleasant task or chore as a prayer for someone else. (That may even make it easier!)	9 Gather around as a family and take turns sharing something good that happened to you today.	10 Spend the day looking for a sign of God's love for you, and share it at bedtime.	11 St. Clare is the patron saint of eye diseases and television. Bless the television set and ask for help in using it in God's service.	12 Skip a favorite food today to show empathy for people who don't have enough to eat.	13 Have a backyard BBQ and share your favorite summer memories.
14 Stay behind at Mass today and say a prayer thanking God for his blessings. Ask for grace to have a good, holy, and fun rest of the summer.	15 After attending Mass as a family, reflect on Revelation 12:1-6a. Pray the Hail Holy Queen in honor of the Assumption.	16 Let one person choose a favorite prayer for the whole family to say together.	17 Drop everything today and spend the day at the library.	18 Bake bread from scratch (or a mix) together. Talk about Jesus as the "Bread of Life."	19 Have a family movie night at home. Sit on a blanket in front of the television and make popcorn.	20 Practice compassion by visiting a nursing home together.
21 Attend Mass and receive Communion. Commune around the dinner table to celebrate peace, love, and fellowship.	22 Today, wear something blue for Mary, the Queen of Heaven. Pray the Memorare in her honor.	23 Every time you find yourself worrying today, say a quick prayer instead.	24 Fill your home with signs of love, such as framed photos, handmade artwork, or notes of encouragement.	25 Practice patience.	26 Take a day off from the TV, phone, and computer and ask each person to share a favorite family memory.	27 St. Monica's relentless prayers were powerful in converting her husband and wayward son, St. Augustine. Ask for her intercession for those who have lost their way.
28 St. Augustine was a wild youth before becoming one of the great Doctors of the Church. In his honor, give up a bad habit today. Ask the Holy Spirit for help.	29 St. John the Baptist was imprisoned for proclaiming the truth. Pray for Christians persecuted throughout the world.	30 Talk about what you would say to Jesus if he came to visit you.	31 See Christ in everyone you meet today. Smile at the people you encounter.			