

Suggested Events and Activities

A. At Home

- Prepare a special meal together as a family. Take some extra time during grace to have each member of the family affirm another member of the family.
- Pray a scriptural rosary together. If you have small children, pray only one or two decades of the rosary. A scriptural rosary from the Knights of Columbus is available on line here: <https://www.kofc.org/en/resources/cis/cis319.pdf>.
- After supper on Saturday evening, go over the readings for the Mass on Sunday.
- If you have a young child or children, buy them a children's bible or a bible coloring book. If you have teenagers, the following apps are available free: Laudate, The Catholic Mega App, Rediscover: app, Catholic Study Bible App, The Pope App.
- Find out if there is a Catholic shrine near you and make a family pilgrimage. If there are no shrines near you, attend Mass at a nearby Catholic church where your family has never been. Or take a virtual tour of a famous Catholic Church such as St. Peter's Basilica in Rome (do a YouTube search).
- Read the Gospel of Mark together. It is the shortest gospel and takes about one and a half hours to read; read it over the course of one week (~13 minutes a day).
- Participate in the National March for Life in Ottawa (May 9, 2019) or another similar provincial or local event.

B. In the Parish:

- Give a special blessing at the end of Mass for couples who are celebrating a significant marriage anniversary (5, 10, 15, 20 ... 50 years etc.).
- Ask families who have never hosted a priest to invite the pastor for supper.
- Invite your Knights of Columbus Council or parish youth group to organize a free breakfast for the mothers and families of the parish in recognition of Mother's Day (May 12).
- Organize a group of parishioners to participate as a parish in the National March for Life in Ottawa (May 9, 2019) or another similar provincial or local event.