

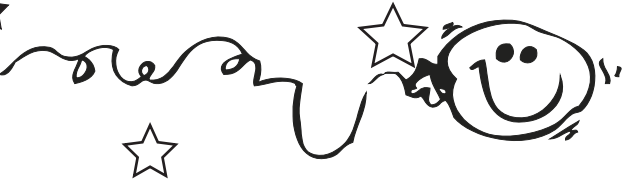




















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Let one person choose a favorite prayer for the whole family to say together.</p>	<p>2</p> <p>Recite the Guardian Angel prayer before bedtime.</p>	<p>3</p> <p>Bless the television set and ask for help in using it in God's service.</p>	<p>4</p> <p>Make a paper flag and hang it in the window to celebrate our country.</p>	<p>5</p> <p>Attend First Friday Mass or benediction as a family.</p>	<p>6</p> <p>Prove to someone you love that you are trustworthy. Make a promise and keep it.</p>
<p>7</p> <p>Ask each person to listen carefully to the homily at Mass today for one idea to implement this week.</p>	<p>8</p> <p>Gather as a family and take turns sharing something good that happened to you today.</p>	<p>9</p> <p>Share the joy of being a child of God. Tell a joke and make someone laugh.</p>	<p>10</p> <p>Make cookies together using a recipe. Talk about how following God's recipe for our lives will make something wonderful, too.</p>	<p>11</p> <p>Talk about what you would say to Jesus if he came to visit you.</p>	<p>12</p> <p>Observe a meatless Friday today. Order a vegetarian pizza and relax.</p>	<p>13</p> <p>Donate canned goods to a soup kitchen.</p>
<p>14</p> <p>Pay close attention at Mass today and find something cool you hadn't previously noticed.</p>	<p>15</p> <p>Select a person or situation in the news and devote a family prayer to it.</p>	<p>16</p> <p>Write down all the kind and loving phrases you can think of. See how many you can use today.</p>	<p>17</p> <p>Sing a song that tells God how much you love him.</p>	<p>18</p> <p>As a family, pick one of the seven virtues and practice it all day. (Faith, hope, charity, prudence, justice, fortitude, and temperance.)</p>	<p>19</p> <p>Take a day off from TV, phones, and computers and ask each person to share a favorite family memory.</p>	<p>20</p> <p>Say, "I'm sorry" to someone you've injured and go to Confession to celebrate God's unending mercy.</p>
<p>21</p> <p>Attend Mass as a family and pray for peace.</p>	<p>22</p> <p>In honor of St. Joseph, do something nice for your father.</p>	<p>23</p> <p>Pick one person and have everyone else list five things they like about that person. Continue until everyone has had a turn.</p>	<p>24</p> <p>Light a candle and confess a sin. Promise God you'll try never to do it again.</p>	<p>25</p> <p>Take every opportunity today to say, "I love you."</p>	<p>26</p> <p>Celebrate the feast day of Sts. Joachim and Ann, Jesus' grandparents.</p>	<p>27</p> <p>Bring a meal to someone who is homebound.</p>
<p>28</p> <p>Eat ice-cream sundaes after Mass today to celebrate the Lord's Day.</p>	<p>29</p> <p>In honor of St. Martha today, clean house and share a special meal.</p>	<p>30</p> <p>Help make your family more loving and patient. Resolve to only use kind words toward each other.</p>	<p>31</p> <p>Ask St. Francis to watch over our Pope.</p>			

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 To help see your home as a "church," make paper crucifixes and put one in every room. 	2 Turn all the screens off tonight and play some board games together.	3 Take a family walk and bring home as many different wild flowers as you can. 
4  Send a homemade card to a priest who is special to your family.	5 Whenever you hear a siren rush past, make a Sign of the Cross and pray for the safety of all involved.	6 In honor of the Transfiguration, come to dinner dressed in your best clothes.	7  Practice patience.	8 In honor of St. Dominic, talk only of God and his blessings at dinner tonight.	9  Give up a bad habit today. Ask the Holy Spirit for help.	10  Make "hero" sandwiches for dinner. While enjoying them, share stories about the heroes in your life.
11 Before you go to Mass today, have everyone run around the house collecting loose change. Then put it in the poor box at church.	12 Show your family love by giving "good morning" hugs, "thank you" hugs, "I'm glad you're mine" hugs.	13  Make up a story and let everyone have a chance to add to it. Give it a happy ending.	14 Any time you find yourself worrying today, say a quick prayer of thanksgiving instead.	15  In honor of the Assumption of the Blessed Mother, say the prayer, "Hail, Holy Queen."	16 Skip a favorite food today to show empathy for people who don't have enough to eat.	17 Cheerfully do an unpleasant task or chore and offer the sacrifice as a prayer for someone else.
18 Attend Mass and receive Communion. Commune around the dinner table to celebrate peace, love, and family.	19  Recite the Apostle's Creed as an act of faith.	20 Read about one of the saints. Pray to him or her to intercede for your family.	21  Spend the day looking for a sign of God's love for you and share it with the rest of the family at bedtime.	22  Pray for all foreign missions today.	23 Family Fun Night! Play board games, sing songs, watch movies ... together!	24  Practice compassion by visiting a nursing home together.
25  After Mass today, set an extra place for Jesus at your table.	26  Bless each child this morning before the day's activities start.	27 Fill your home with signs of love, such as framed photos, handmade artwork, or notes of encouragement.	28 Surprise someone with a friendly phone call. 	29  Celebrate the Eucharist by having bread with every meal.	30  Abstain from TV as a Friday sacrifice.	31 Go through a closet and donate extra clothes, books, and toys, to your local charity.