At-Home Faith Formation Week 2

I hope you and your family are doing well! It was a crazy week for all of us- transitioning to working at home, schooling at home, and doing… well, everything at home!

In this note, I offer encouragement, share announmcements, and post links to online resoures for your second week of faith formation at home!

Words of Encouragement

Though it is chaotic, I’m cherishing the extra time with my husband and my four little ones. Along with helping my kids learn math and practice reading, I’ve been able to share the faith with them throughout the day. My kids loved making a new [prayer table](https://www.cgsusa.org/wp-content/uploads/HowToSetUpPrayerTable.pdf) and took turns setting it up for morning and night prayers. We made our own [prayer cards](http://www.gshilton.org/memorized-prayers-prayers-to-know-by-heart.html) and [Easter crosses](https://catholicsprouts.com/49-crafts-the-celebrate-the-cross/) for art.

If you haven’t had a steller week- *don’t worry!* We are all in this together, and I know the anxiety that comes with the unknown, and the lack of “normal” can make it hard to function, let alone thrive. Here are a couple practical tools that I have found helpful:

1. **Plan**. Taking 10 minutes after all my kids are in bed to plan for the next day makes a huge difference for me. I loved this [homeshchooling mom’s practical advice](https://pambarnhill.com/homeschool-morning-routine/)!
2. **Just keep praying, just keep praying**… The [Magnificat app](https://us.magnificat.net/home/freeonline) (which is free right now) reminds me to pray throughout the day, which is great as I am getting used to a new rhythm. When I can’t get away from my kids to pray, I “glance toward heaven” as St. Therese advises with these little [aspirations](https://www.ourcatholicprayers.com/aspirations.html):
   * “Jesus I trust in you”
   * “All for you, Jesus”
   * “We adore you, oh Christ and we praise you!”
   * Or, most often, “Jesus, help me!”
3. **Take a break.** My kids and I both get grumpy if we are on task too long. Taking a walk, doing a puzzle, or putting on an [expisode of Br. Francis](https://watch.formed.org/brother-francis-1) for them while I curl up with coffee and a good book for 15 minutes helps us all reset.

Announcements

1. The Church office and all the buildings on campus remain closed until further notice.
2. As of now, At-Home lessons continue indefinitely. I will let you know as soon as there is any update on this!
3. Our parish website has a few new pages to help you while we Shelter in Place.
   * [Covid-19 Response](http://stmonicachurch.org/covid19/)- Latest updates from our pastor, Sunday Masses, and bulletins
   * [Online Family Faith Formation](http://stmonicachurch.org/online-family-faith-formation/)- Video reflections from our priests and resources for the whole family
   * [Online Children’s Faith Formation](http://stmonicachurch.org/online-family-faith-formation/childrens-faith-formation/)- movie suggestions, prayer ideas, crafts and games, liturgical year resources, Catholic freebies, links to homeschooling resources and more! This page will be updated every Wednesday with new content.

More Online Resources

In addition to the [Online Children’s Faith Formation](http://stmonicachurch.org/online-family-faith-formation/childrens-faith-formation/)page on our website, feel free to e-mail me directly (mjones@stmonicachurch.org) if you would like assistance with your At-home faith formation lessons or ideas for engaging your children.

Here are a few online resources I want to highlight this week:

* 2 minute [Explanation of a Spiritual Communion](https://www.youtube.com/watch?v=E4LKs7M95oo) by Scott Hahn
* How to make a Rosary**-** [Step by Step tutorial](https://www.loyolapress.com/our-catholic-faith/parish-ministry/intergenerational-catechesis/mary/rosary-activity-center)
* Pflaum’s Liturgy of the Word with Children- [Free Download!](https://www.cathdal.org/CC-Spring-2020-Leaflets-Online.pdf)
* Living Faith Kids Daily Catholic Devotions- [Free Download!](http://www.livingfaith.com/sample/LFK_15_1_March_FREE.pdf)
* **Children's Guided Prayer** (Catholic Kids Media). Two minutes of video guided prayer and reflection.   
  [**Glory Be**](https://www.youtube.com/watch?v=wIorEqb3w80&t=48s)[**Hail Mary**](https://www.youtube.com/watch?v=FVgCSt7ReAo)[**Our Father**](https://www.youtube.com/watch?v=CHWeFBqIlCA)  
  [**Psalm 23**](https://www.youtube.com/watch?v=-NuUo-igXDU)  
  [**Psalm 130**](https://www.youtube.com/watch?v=YpMhWuKEsyE)[**Psalm 139**](https://www.youtube.com/watch?v=M31QpqCL7S4)[**Act of Contrition**](https://www.youtube.com/watch?v=KwDgh0D17G8)[**Prayer of St. Francis**](https://www.youtube.com/watch?v=M4G2EJBd3HQ&t=3s)

Know that I am praying for all of you and I ask you to please join me in lifting up all St. Monica families in your daily prayer!

In Christ, Our Victorious King,

Maria Jones