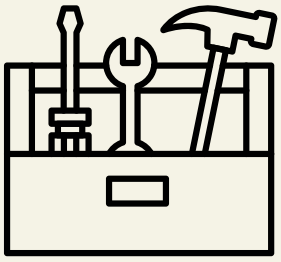
ST. PATRICK
Catholic Church

Faith Formation Family Tool Box

October 1st through October 15th

www.st-patricks.org

About the Tool Box



St Patrick's Faith Formation provides these resources to support your family, and to make living your Catholic faith together as a family simple and effective.

We know that fitting everything into an already busy schedule is complicated. So, we aren't asking you to do it all. Instead we invite your family to take on these resources as a challenge. Ask yourselves "What can we do?"

We have intentionally planned and crafted a variety of options to choose from with all families in mind. Look through the options provided and pick a few that work well for your family. Choose an afternoon to do several activities, or sprinkle them throughout your week.

This is your toolbox! Use the tools that are most helpful in building your family's faith together.

What You'll Find in This Tool Box

- **Practical Faith Tools** — Simple prayer practice, Bible readings, saint stories, conversation starters, fun videos, and Sunday Mass support
- **Lived Faith Ideas** — Crafts, recipes, games, pop culture, service projects, faith and science, and more
- **Deeper Learning** — Optional resources for parents wanting to learn more about that session's topic.

A Faith-Filled Afternoon/Evening

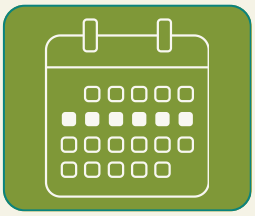
Some families might find it easiest to choose three or four ideas in this packet and make them into an afternoon or evening of faith-focused fun.

- Start your time in prayer or conversation by using one or two of the options in the "Practical Faith Tools." For example:
  - Begin with one of the suggested Prayer Habits
  - Use the suggested Conversation starters
  - Watch one of the recommended video resources.
- Then spend some time together working on one or two of the "Lived Faith Ideas"
  - Choose a craft or recipe to do together
  - Play a game or watch a pop-culture option
  - Complete a faith and science or service project
- Conclude using one of the prayer ideas provided.
  - Read the Gospel for the upcoming Sunday together
  - Learn about this session's Saint and ask for their prayers.

An Intentional Lord's Day

Perhaps it will work well for your family to integrate these resources into the rest of your Sunday before and after Mass.

- Read the Mass Readings as a family before Mass, or have a passenger read them on the drive to Church.
- Utilize the Conversation starters on the drive home from Mass, and practice a recommended prayer habit or Lord's Day idea.
- Integrate a recipe idea into lunch or dinner.
- Utilize a game, pop-culture, faith and science, or service project idea as part of your family time in the afternoon.
- Utilize the saint or art resources to conclude your day as a family in prayer.



Sprinkled Throughout the Week

For some, it might just be most practical to identify your favorite ideas from these materials and plug them in to different opportunities throughout the week, whenever time allows.

- Choose a day to add a recipe idea to dinner.
- Use conversation ideas when driving together in the car.
- Start your weekend with a service or faith and science project
- Read the Mass readings together Saturday evening in preparation for Mass the next day.
- The options are limitless!

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Find easy to use links to all resources on the St Patrick's Family Formation webpage

Practical Faith Tools

Student Workbooks

Your Child's work that they use during Wednesday Sessions with their catechist provides quality resources on the session's topic. We encourage parents to utilize these as a way to debrief the Wednesday session as well as carry the Wednesday session into the rest of the week. Below we have outlined the most helpful parts of each chapter as well as the specific chapter your child worked on with their catechist during our most recent Wednesday session.

- The last page in every chapter is an at home "with my family" page with scripture, activity, and discussion options.
- Each chapter introduces the example of a saint that demonstrates the topic through their lived faith.
- Throughout each chapter, there are a variety of simple Prayer options that you can integrate into other prayer times throughout your week.

October 1st, 2025 – God as Creator	
K: Unit 1, Session 1	1: Unit 1, Session 1
3: Unit 1, Session 1	4: Unit 1, Session 1
5: Unit 1, Session 1	Notes:

Conversation Starters

One of the most consistent indicators of a child who will continue to live their faith into adulthood is growing up in a family that simply talks openly and actively about their faith. Consider using some of the provided Conversation starters to discuss your faith as a family this week.

1. **God is bigger than our worries!** Share a time that your faith in Him helped you get through a hard time.

2. **What is your favorite part of God's creation?** take turns sharing what brings you joy about it, and how it shows us how marvelous God is.

3. In Genesis it says that God rested on the seventh day. **What types of things does your family do on Sundays that help everyone to think about God, keep the day holy and rest?** What sorts of things can your family *start* doing to make it more restful?

Memory Verse

The Word of God is important in our faith journey, and memorizing short, simple scripture verses can prove to be beneficial to us at all ages to allow God to more consistently speak to us throughout our daily life.

Genesis 1:31 "God looked at everything he had made, and found it very good."

OR

Genesis 1:26 "Then God said: Let us make* human beings in our image, after our likeness. Let them have dominion over the fish of the sea, the birds of the air, the tame animals, all the wild animals, and all the creatures that crawl on the earth.

Mass Readings

Reading scripture together as a family before you hear the Word of God proclaimed at Mass is a great way to improve comprehension and impact among people young and old. Spend just a few minutes together reading the assigned readings for Mass from your Bible or by using the link provided. You can even do this together in the car, or as a time of prayer on Saturday evening before bed. You can also listen to the readings using the links provided. If needing to shorten this option, try just reading the Gospel.

Daily Readings
bible.USCCB.org

Sunday, October 5
27th Sunday in Ordinary Time
First Reading: Habakkuk 1:2-3, 2:2-4
Psalm 95:1-2, 6-9
Second Reading: 2 Timothy 1:6-8, 13-14
Gospel: Luke 17:5-10

Sunday, October 12
28th Sunday in Ordinary Time
First Reading: 2 Kings 5:14-17
Psalm 98:1-4
Second Reading: 2 Timothy 2:8-13
Gospel: Luke 17:11-19

Lord’s Day Ideas

Each week, the Lord’s Day (SUNDAY) begins and ends our week. As a result, the Lord’s Day serves as a cornerstone for the Christian life. Our Lord’s Day can rejuvenate us by not only drawing close to the Lord at Mass, but also providing opportunities for prayer and rest.

- Attend mass every Sunday (or Saturday evening) this month.
- Prepare for Mass by reading the Gospel in advance (see page 6).
- Pray before meals as a family and individually.
- Consider laying out clothes and shoes the night before, and do anything else that will make the morning more peaceful and efficient.
- Visit the adoration chapel as a family for 15 minutes, 30 minutes, or more.
- Refrain from house projects or other tasks centered around productivity.
- Choose activities focused on recreation and leisure:
  - Read a book
  - Listen to music
  - Go for a walk
  - Play outdoors
  - Work on a puzzle or play a game
- Build Community by inviting another family over or by visiting a friend or relative.

Prayer Habits

Option 1:
Begin your day with a short time of Gratefulness Prayer. Take a few moments to reflect on the good things your life, and thank God for providing you with those things. God our creator has given us all the things and people in our life for our good. It is a good habit to remind ourselves daily that everything we have has their origin in the God who loves us.

Option 2:
Pray Meal Prayer! Meal prayer is a great habit to remind ourselves that we rely on God for all things, even the food we eat. Praying before each meal can be an impactful, but simple, habit to build to pray more frequently. You can use the popular prayer below, or offer a prayer in your own words.

Catholic Meal Prayer
Bless us, O Lord! and these Thy gifts,
which we are about to receive from Thy bounty,
through Christ our Lord.
Amen.

Praying with Art

Adam and Eve in the Earthly Paradise
Johann Wenzel Peter

Each session, your family will receive a print out of a work of sacred art related to that session's topic. Over the Church's history, it was known—long before anyone had heard of multiple intelligences—that some people learned better through visuals and images can also be helpful for prayer experiences. For this reason, the Church has a tradition known as visio divina ("divine seeing" or prayer in which we invite God to speak to our hearts as we look at an image).

Experience visio divina or lead others in such an experience by following these steps:

1. Choose a comfortable, quiet place where you will not be distracted. Quiet yourself and relax by focusing on your breathing.
2. Begin by paying attention to the details, including shapes, colors, lighting, and facial expressions/body language of characters in the image. Identify the parts of the image that stand out to you and share them with your family.
3. Take a moment to prayerfully consider how God is speaking to your heart and why you think God has drawn your attention to this specific part of the image. Pay attention to your feelings, and allow God to speak to you through the image.
4. Respond to God, expressing your thoughts, feelings, desires, or yearnings. This can be done silently or together as a family.
5. Conclude by taking a few moments of silence to rest and savor the beauty of the image.

Optional: After praying with the image, children may enjoy trying their hand at recreating the image in their own way, or depicting a similar scene as they would imagine it to look.

The Witness of the Saints

Each session, we will highlight the life of a popular Catholic saint to bring attention to how this session's topic is brought to life through the example of that saint

This session's Saint is Saint Francis of Assisi

Read the brief description of his life and discuss what you can learn from his example as a family.

Born: 1181 or 1182
Died: October 3, 1226
Feast Day: October 4
Patron of animals, merchants, and ecology

Few saints enjoy the kind of "rock star" status that St. Francis of Assisi has. Since his death in 1226, many souls have been challenged by his holy example and countless gardens have displayed statues in his honor. It is kind of ironic, if you think about it … there is St. Francis, known for his love of animals, now serving as a target for pigeons everywhere. Still, Francis was so humble even he probably would have thought it was funny.

Francis was born in Assisi, a little town in northern Italy. The son of a wealthy cloth merchant, he was a wild child and lived a pretty crazy young adulthood by most people's accounts. He joined the army, fought in the fourth Crusade, and was intent on becoming a knight. He was captured soon after and eventually made his way home, where he began to reveal a deep-seeded love for the poor. Something was happening in Francis' heart.

At the age of 26, while praying before the crucifix in an old, rundown chapel, he heard a voice from the crucifix say to him, "Francis, repair my church, which has fallen into disrepair, as you can see." Francis took the words literally and quickly began "fixing" the dilapidated building. In time, Francis came to understand that the Lord was talking about rebuilding the greater, universal Catholic Church, not just the chapel building.

The Witness of the Saints

Francis went forth with nothing earthly to his name. He traveled the countryside, begging and preaching the Gospel message. Most people ridiculed him, but a small group of people who also renounced their possessions began to travel with him. Within about 15 years, he was leading over 5,000 friars and an order of religious sisters (the Poor Clares, begun by St. Clare of Assisi). He crafted a strict rule of life to live by, which called for absolute poverty, authentic humility, and great discipline.

He wrote beautiful prayers and was a gentle and compassionate soul. Francis preached against greed and worldly excess to a world (and even some of the Church) that did not want to hear it. He went without food for himself while giving what little he had to others. His Franciscan brothers reported witnessing incredible miracles while in his presence over the years, including watching him levitate, bi-locate, tame wild animals, heal paralytics, and cleanse lepers of their leprosy. He is said to have cured those who were mute, deaf, and blind and to have even exorcised demons from people who were possessed simply by walking into the room they were in. As if this was not enough, while praying in 1224, Francis was granted the gift of the stigmata — the marks of Christ's five wounds — upon his own body, which bled for the remaining two years of his life.

Francis of Assisi had a deep love for God, people, animals, and the environment. Put simply, he saw God in everyone and everything. Above all, he cared for and loved the sick and poor in a way that few others ever have. His mission was to demonstrate the love of God through actions and not just words. Invite St. Francis of Assisi to pray with and for you. Ask him — by his intercession — to help you see Christ in others and to witness God's design and handiwork throughout creation. If you do, you will not only grow in holiness and awareness but selflessness and humility, just like this great saint.

Notable Moments/Achievements

- Experienced a profound conversion at the age of 26
- Had a great love for animals
- Founded the Order of St. Francis: the Franciscan Friars
- Known for many miracles throughout his life
- Composed the popular prayers, "The Prayer of Humility" and "The Canticle of the Sun"

Video Resources

Today's Church has more resources available than ever before! Here are a few good resources on this sessions topic, vetted by your trusted Faith Formation staff.

For younger children:

Watch these video resources on Formed.org. All St Patrick's families have free access to Formed as part of being parishioners.

1. Creation | Laugh and Grow Bible for Kids: Explore the Story of Creation in a kid friendly, animated format.
2. Marcam's Puzzle Hike Adventure: Join Marcam on an exciting hike through the wilderness as he finds hidden puzzle pieces along the trail! With every step, little saints will learn about God's creation of the world, and Our Lady of Guadalupe!

How Do I Use Formed?

1. Go to formed.org/signup
2. Select your parish by entering name, city and/or zip code
3. Enter your name and email address
4. Check that email account for a link to begin using FORMED.

For older youth:

1. Creation and Evolution (Catholic Central): Kai and Libby refute the notion that science and faith are at war, but instead demonstrate the ways they complement each other.
2. Care for the Environment (Catholic Central): Kai and Libby explore the rich teachings and tradition of the Catholic Church when it comes to the stewardship and conservation of the environment, and why it matters to Catholics.

Find easy to use links to these video resources on the St Patrick's Family Formation webpage

www.st-patricks.org/formation/youth/family-formation

Lived Faith Ideas

Crafts

St Francis' All Natural Bird Feeder

Saint Francis of Assisi deeply cared for all God's creation, and would even preach to the bird's in his garden. Make this simple and all-natural bird feeder to care for enjoy the presence of birds in St Francis' honor.

Items needed:

- Pine Cone, any size can work, but medium to large is best
- Nut or Seed butter
- Bird seed
- String (Jute, hemp, cotton, or another compostable option is best).

How to:

- Tie the string in a loop to the top of the pine cone (this is how you will hang your feeder).
- Spread the nut/seed butter into the crevices around the scales of the pine cone.
- Pour the bird seed into a dish
- Roll the pinecone in the bird seed until the butter is covered in seeds
- Hang the bird feeder outside and watch your feathered friends enjoy!

Optional: if using small pinecones, you can string two or three together to make a larger bird feeder.

Recipes

As a reminder of the seven days of creation, make this fun Creation Snack Mix, with ingredients that represent each day of Creation.

Have kids follow along as you go through each day of creation, and add in the snack representation. Once you've reached day seven, mix it all together and enjoy!

Day 1 – God created light and separated it from the darkness
- small cups/bowls (1 per child)
- mini Oreos (dark and light)

Day 2 – God created the sky (atmosphere) and waters.
- Mini Marshmallows (clouds in the sky)

Day 3 – God created land, plants, trees & fruit
- Chex or other favorite cereal (dry land)
- raisins/fruit chews (fruit)
- Pretzel Sticks (trees)
- M&M's (all the colors of the world)

Day 4 – God created the sun, moon & stars
- Popcorn (stars)

Day 5 – God created the birds in the air & fish in the sea
- Goldfish crackers

Day 6 – God created the animals on the land, man & woman
- animal crackers

God blessed the seventh day and made it holy.
God looked at everything he made and said, "That looks good!"

Faith and Science

When considering God's role as a creator, there is no better time to explore the ways in which God's intelligent design can be explored through science. Faith and science goes hand in hand, and helping young people understand the existence of God and encounter the *invisible* through the exploration of the physical and visible can help make our faith come alive.

1. Visit the Zoo, Conservatory, or aquarium to experience the wide variety of God's creation right before our eyes. Como Zoo and Conservatory are FREE and are AZA certified for their care for the animals they keep.
2. Go on a nature hunt in your backyard or a local park. Find as many unique examples of God's creation as you can, explore bugs, birds, or other animals that may appear, look closely at plant life, and consider the intricacies of it all.

Pop-Culture

There is no shortage of media that reflects the inherent value of creation and the responsibility humanity shares in caring for it, often without acknowledging the deepest reality of that responsibility: Creation is a gift entrusted to mankind by God.

Watch one of the following popular movies as a family.
Afterward, discuss how the movie tells its audience that we should care for creation, and how the characters in the movie either succeeded or failed in that mission.

Consider the movie through the lens of faith:

- How might belief in God have helped the characters in the movie?
- How might our faith have affected the outcome of the story?
- Is there anything in the movie that might contradict our faith in some way?

The Lorax: Based on the book by Dr. Seuss, tells the story of an imaginary place, where the Once-ler now lives, and how it went from being bountiful and joyful to colorless, lifeless, and somber.

- Watch the 1972 animated cartoon (approximately 25 minutes) for free on Youtube
- Watch the more recent and longer 2012 musical version available through a variety of streaming platforms.

Wall-E: Short for Waste Allocation Load Lifter Earth-class, is the last robot left on Earth. He spends his days tidying up the planet, one piece of garbage at a time.

- Available on Disney+ and for rent on a variety of streaming platforms.

Service Projects

Honor God’s creation by giving of your time and talent to care for the world around us and to love god’s creatures.

- Go on a neighborhood or park clean up!
  - Grab a garbage bag and some gloves
  - Find an area near you that has some litter that needs removal
  - Pick up as much litter as you can in the time you are able, or until your bag is full.
- Care for animals!
  - Connect with an animal shelter or other animal rescue to volunteer your time.
  - Help to care for a friend or loved one’s pet. Offer to take it for a walk, give it bath, or care for it in some other way that is well-suited to the animal.

Deeper Learning

Parent Videos

Watch Understanding Genesis: Creation on YouTube with Bishop Robert Barron

“Genesis is of course the first book in the Bible and perhaps the most foundational, but it’s also the source of so much confusion. We clarify what the author is intending to convey and the theological and spiritual truths we can pull from the narrative.”

Watch Why God Gave Us Bodies on YouTube with Father Mike Schmitz

“God made the world — and you — on purpose. What is that purpose? Well, that’s what St. John Paul II went to great lengths to explain in his Theology of the Body talks, which Fr. Mike sums up beautifully in this video.”

Watch Theology of the Body Crash Course Session One: From the Beginning on YouTube with Father Mike Schmitz

“If the deepest secret of God is that God is love, and he made you in his image and likeness, then what's the deepest secret about you? You are made for love. What does it mean to be human? What was God’s original plan for humanity? For relationships? For marriage? For sex? Why is the body important?

Scripture and Catechism

Read and reflect on Genesis Chapters 1-2
Spend some time reading and reflecting on the story of Creation and optionally listen to Father Mike Schmitz Bible in a Year Podcast to learn more about the first two chapters of the bible.

The Bible in a Year
with Fr. Mike Schmitz
Day 1: In the Beginning

Free on Ascenionpress.com

Consider Reading the Catechism of the Catholic Church

The Catechism of the Catholic Church is an outstanding explanation of all the teachings of the Catholic Church. You can read about this sessions topic online for free, or you can pick up a copy of the Catechism from the St Patrick's bookstore.

Read the Catechism for Free through the Vatican Website

Paragraphs 279-324

Catechism in a Year
with Fr. Mike Schmitz
Days 40-45

Free on Ascenionpress.com

Additional Reading Options

Laudat Si

“What kind of world do we want to leave to those who come after us, to children who are now growing up?” (160). This question is at the heart of Laudato si’ (Praise be to you), the Encyclical on the care of the common home by Pope Francis. This leads us to ask ourselves about the meaning of existence and its values at the basis of social life: “What is the purpose of our life in this world? What is the goal of our work and all our efforts? What need does the earth have of us?”

The Encyclical takes its name from the invocation of Saint Francis, “Praise be to you, my Lord”, in his Canticle of the Creatures. Pope Francis urges each and every one of us– individuals, families, local communities, nations and the international community – to an “ecological conversion” in the expression of Saint John Paul II.

A ray of hope flows through the entire Encyclical, which gives a clear message: “Humanity still has the ability to work together in building our common home” (13). “Men and women are still capable of intervening positively” (58). “All is not lost. Human beings, while capable of the worst, are also capable of rising above themselves, choosing again what is good, and making a new start” (205).

Laudat Si
written by Pope Francis
Available to read for free on the Vatican website:
www.vatican.va

Notes:

Notes:

We are Here to Help!

We want your feedback!

These resources are designed for your family, and we want to continue to improve them to better meet your needs.
Share with us your favorite activities, standout options that work well, as well as the resources that might have missed the mark.

Send us photos from your family working on these activities at home! We want to see your family's faith in action!

Contact Us

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