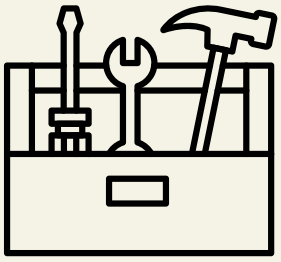
ST. PATRICK
Catholic Church

Faith Formation Family Tool Box

October 15th through November 4th
All Saints Day and All Souls Day

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

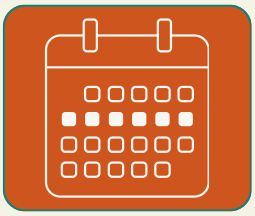
Some families might find it easiest to choose three or four ideas in this packet and make them into an afternoon or evening of faith-focused fun.

- 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!

Table of Contents

Practical Faith Tools

Conversation Starters	06
Mass Readings	07
Lord's Day Ideas	09
Prayer Habits	10
Praying with Art	11
The Witness of the Saints	12
Video Resources	14

Lived Faith Ideas

Crafts	16
Recipes	17
Pop-Culture & Games	18
Service Projects	19

Deeper Learning

Parent Videos	21
Catechism of the Catholic Church	22
Reading Options	23

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

Practical Faith Tools

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.**They were real people!** When you think of saints, what picture comes to mind?

2. **What makes a saint?** If you were writing a help wanted ad for a saint, what qualifications would you list?

3.The Gospel reading for All Saints Day proclaims the Beatitudes from Matthew 5:1-12. Read the scripture and discuss: **How can we better remember and practice the Beatitudes?**

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.

Revelation 21:4 “He will wipe away all tears from their eyes. There will be no more death, no more grief or crying or pain.”

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 19
29th Sunday in Ordinary Time
First Reading: Exodus 17:8-13
Psalm 121: 1-8
Second Reading: 2 Timothy 3:14-4:2
Gospel: Luke 18:1-8

Sunday, October 26
30th Sunday in Ordinary Time
First Reading: Sirach 35:12-18
Psalm 34:2-23
Second Reading: 2 Timothy 4:6-18
Gospel: Luke 18:9-14

Mass Readings Cont.

For this week's resources we have also included the Mass readings for All Saints Day (November 1) and All Souls Day (November 2). All Saints Day is normally a Holy Day of Obligation, however, since it falls on a Saturday in 2025, the obligation is set aside for this year. The faithful are still encouraged to gather for All Saints Mass to celebrate the Holy men and women who have gone before us. In 2025, All Souls Day is included in the Sunday Mass celebration.

Saturday, November 1
Solemnity of All Saints
First Reading: Revelation 7:2-14
Psalm 24:1-6
Second Reading: 1 John 3:1-3
Gospel: Matthew 5:1-12

Sunday, November 2
The Commemoration of All Souls
First Reading: Wisdom 3:1-9
Psalm 23:1-6
Second Reading: Romans 6:3-9
Gospel: John 6: 37-40

Daily Readings
bible.USCCB.org

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.

October Ideas

- 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.

All Saints and All Souls Day

- Take some time to share your favorite memories of departed loved one’s.
- Listen to the Litany of the Saints. Possibly sing the responsorial parts.

Prayer Habits

Option 1:
Find Saints that you are familiar with, can relate to, or patrons of things applicable to your life, and ask for their intercession. Saints in heaven are great intercessors, in fact, it's their job! So, it would be foolish not to turn to them when in need of prayers. This can be done as simply as stating the Saint's name followed by "pray for us."

Option 2:
Practice and even memorize the Eternal Rest Prayer. This is a great prayer to pray when mourning a loved one, or offering prayers for the deceased in any setting, really.

Book of Remembrance: This prayer habit can also be enhanced by adding the names of your deceased loved ones to the Book of Remembrance (sometimes called the Book of the Dead) at St Patrick's in preparation for All Souls Mass. The Book of Remembrance is often made available to add names a few days before the All Souls Mass. Stop by to add names and pray the Eternal Rest Prayer after.

Eternal Rest Prayer

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May their souls and all the souls of the faithful
departed, through the mercy of God, rest in peace.
Amen.

Praying with Art

Forerunners of Christ with Saints & Martyrs
Fra Angelico

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 Pope John Paul II

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

Saint Pope John Paul II
Born May 18, 1920
Feast Day: October 22nd
Patron of World Youth Day

Karol Joseph Wojtyla was born in Poland in 1920, in a town of 8000 Catholics and 2000 Jews. (Karol is Polish for Karl or Charles.) He lost both his parents and a beloved older brother before he was 21. His only other sibling had passed away before he was born.

He had to pause his college education when the Nazis occupying Poland shut down the university and he went to work in the quarry and then a chemical factory. When he felt called to the priesthood a few years later, Karol secretly joined a clandestine seminary and there helped organize the Rhapsodic Theatre, also clandestine. Giving up his earlier plans to be an actor, many years later John Paul wrote A Letter to Artists, highlighting their calling to create beauty.

In 1958, Communist officials allowed Karol to be appointed auxiliary bishop of Kraków, considering him a relatively harmless intellectual after his years of teaching in universities. He attended all four sessions of Vatican II and helped write some of the documents. As Cardinal of Krakow, Karol stood firm against the Communist regime in Poland.

The Witness of the Saints

Elected Pope in 1978, he took the name John Paul II. As Pope, he miraculously survived an assassination attempt and after recovering met with the young man who shot him to forgive him in person. John Paul traveled to nearly every country – China and Russia being exceptions as the governments wouldn't allow him to visit. He inspired a peaceful resistance against the Communism in Poland and other European nations. He initiated World Youth Day. No other Pope has met more people than he has through these travels.

John Paul promoted ecumenical and interfaith initiatives, especially the 1986 Day of Prayer for World Peace in Assisi. He visited Rome's main synagogue and the Western Wall in Jerusalem and established diplomatic relations between the Holy See and Israel. He improved Catholic-Muslim relations, and in 2001 visited a mosque in Damascus, Syria. John Paul also worked to improve relations with the Orthodox Churches.

The first miracle attributed to Saint John Paul occurred in 2006. Sister Marie Simon-Pierre, a French nun and member of the Congregation of Little Sisters of Catholic Maternity Wards was confined to her bed by Parkinson's disease. It was reported that she was completely cured of the disease after members of her community prayed for the intercession of Pope John Paul II. He had also been afflicted by Parkinson's in his last years of life.

"It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you; He is the beauty to which you are so attracted; it is He who provoked you with that thirst for fullness that will not let you settle for compromise; it is He who urges you to shed the masks of a false life; it is He who reads in your hearts your most genuine choices, the choices that others try to stifle."
(15th World Youth Day, August 19, 2000) – Pope John Paul II

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. Brother Francis- All Saints and All Souls Day: Join Brother Francis as he teaches about All Saints Day and All Souls Day.
2. The Saints and Heroes Collection: Heroes of the Faith. The Stories of real-life Saints & Christian Heroes all come to life in CCC of America's award-winning animated film series.

How Do I Use Formed?

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

For older youth:

1. Saints (Catholic Central: Kai and Libby introduce some of the very human people the Church has acknowledged as saintly, because of how they lived their lives, and because of the miracles God does when people pray for their intercession. Everybody needs a friend!
2. Saint Stories: Formed.org contains a variety of audio saint stories great for children to hear a short story about the saint's life.

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

Pumpkin Carving
Did you know the tradition of Pumpkin Carving in October has its origins in Catholicism? In preparation for All Saints Day, early Christians adopted the practice of carving pumpkins (originally they carved turnips and other vegetables) from Celtic tradition to ward off evil. Catholic Irish immigrants brought the practice to America, and it became synonymous with All Hallows Eve (the eve of All Saints Day).

20 Easy Saint Costumes Made from T-Shirts
Catholic All Year provides a variety of very simple saint costume ideas made out of nothing more than t-shirts!

View the instructions for 20 different costume ideas here:

Saints Day Magnets
Items needed:

- jumbo glass mancala beads
- magnetic sheet
- tacky glue
- saints' images

How to:

- Apply a small amount of tacky glue to the back of the glass bead. Press the bead onto the image and let dry completely.
- Press the glass bead onto magnetic sheet.
- Trim excess magnet.

Recipes

St John Paul II's Pierogi's

In remembrance of Saint John Paul II (Feast Day October 22) enjoy Polish foods, such as pierogi!

Ingredients:

·Pound of flour
·4 T olive oil
·Cup of hot water
·Salt
·Filling (types of fillings include meat; mushrooms; lentils; cabbage, potatoes with cheese ,minced onion, etc.

Directions:

- Mix all ingredients in a giant bowl using a wooden spoon (you can use hands, but it will be hot because of the hot water).
- Once it's all mixed, then use hands to knead the dough. The dough should be soft and elastic.
- Wrap your dough in aluminum foil and let it sit for about 30 minutes.
- Split the dough into 3 pieces to make things easier, then roll it out thinly on the board and cut out circles (either with a pierogi maker or simply a glass)
- Stuff with the desired filling and fold your pierogi in half gluing the sides together with your fingers. If it doesn't stick properly you can use some water.
- Boil your pierogi for about 3-4 minutes since they surface to the top of your water level.

Pumpkin Spice

Did you know a Catholic Saint is credited for Pumpkin Spice?
St. Hildegard wrote about the health and mood benefits of spices like cinnamon, nutmeg, and cloves — the same foundational flavors found in today's pumpkin spice blends. She believed these "spices that bring joy" could soften negative moods, open the heart, and bring balance to the body and soul.

Honor St Hildegard by enjoying pumpkin spice items this month!

Make a latte, cookies, bread, or another pumpkin spice flavored option. Its seasonal, and thematic!

Games and Trivia

1. Create Saint-themed Guessing jars. Fill a jar with Rolo candies for Our Lady of Mt. Carmel, animal crackers for St. Francis of Assissi, candy pumpkins for St. Isidore (patron of farmers), any kind of honey candy for St. Ambrose (patron of beekeepers), pretzel sticks for St. Bernadette (who was collecting firewood when Our Lady of Lourdes appeared to her), or candy corn for St. Kateri Tekakwitha.

2. Trivia (Answers at the bottom of the page)
    a. Who is the patron saint of lost causes?
    b. Which saint pulled a thorn from a lion's paw?
    c. How many countries did Saint John Paul II visit?

Pop-Culture

Many movies about saints are available through libraries, streaming platforms, Formed, and YouTube. Some possibilities include:

- Song of Bernadette
- Mother Teresa: In the Name of the Poor
- Don Bosco: Mission to Love
- Anthony, Warrior of God
- Karol – A Man Who Became Pope (his life to his election) and Karol – The Pope, the Man

Trivia Answers: St Jude, St Jerome, 129 countries

Service Projects

In preparation for All Saints Day and All Souls Day, this month provides a great opportunity to show our love to others through our actions.

- **Visit a loved one's gravesite.**
  - Bring flowers
  - Clean up and trim around the headstone if needed
  - Pray for the souls of the departed.

- Pray for the Dead! Praying for all the souls of the departed is a Work of Mercy. Create a **Family Holy Souls Scroll.**
  - Gather a sheet of drawing paper, a gold or yellow ribbon, and writing utensils/drawing supplies
  - Use the writing utensils to write, in large letters all over the paper (not in a single column), the names of any family members they can recall who have died. They may also include names of dear friends and others they want to remember.
  - Make sure to ask children to suggest names of people they want to pray for who have died.
  - After the names have been written, ask the children to draw life-giving pictures on the paper, such as flowers, trees, lakes, rivers, waterfalls, and animals.
  - Attach the ribbon to the top of the paper so it can easily be hung up.
  - You can use this scroll by taking it out and hanging it up during times of prayer, and then roll it up and set it aside when it is not being used.

Deeper Learning

Parent Videos

Watch Raise Your Expectations: How Saints Live Differently on YouTube with Father Mark-Mary

“It’s easy to think that becoming a saint is an unrealistic goal. But the truth is, the saints were just like us. They just chose to live differently, and we can too.”

Watch How Does Someone Become a Saint? on YouTube with Father Casey Cole on Breaking in the Habit

“Each year the Church canonized new people saints, but have you ever wondered about the process behind it? ”

All Saints Day Pep Talk
on YouTube with Father Mike Schmitz

“What does a triathlon have to do with the Communion of Saints? Fr. Mike Schmitz draws parallels between his experience of completing a triathlon and the believer’s experience of journeying to heaven.”

Scripture and Catechism

Read and reflect on Revelation Chapter 21-22
Spend some time reading and reflecting on the promise of a new heaven and a new earth in the Book of Revelation and optionally listen to Father Mike Schmitz Bible in a Year Podcast to learn more about this scripture reading.

The Bible in a Year
with Fr. Mike Schmitz
Day 365: The Beginning and the End
Free on Youtube

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 946-962

Catechism in a Year
with Fr. Mike Schmitz
Day 130: The Communion of Saints
Free on Youtube

Additional Reading Options

The Homily of Pope Leo XIV
on the day of Canonization for
Sts. Carlo Acutis and Pier Giorgio Frassati
September 7, 2025

The Catholic Church recently canonized two new saints, who both lived in the modern age. Consider reading Pope Leo XIV's reflections on what we can learn from these two great men's examples of faith.

A snippet of the homily:
Dear friends, Saints Pier Giorgio Frassati and Carlo Acutis are an invitation to all of us, especially young people, not to squander our lives, but to direct them upwards and make them masterpieces. They encourage us with their words: "Not I, but God," as Carlo used to say. And Pier Giorgio: "If you have God at the center of all your actions, then you will reach the end." This is the simple but winning formula of their holiness. It is also the type of witness we are called to follow, in order to enjoy life to the full and meet the Lord in the feast of heaven.

Read the full Homily using the link below.

HOMILY Sept 7, 2025
Preached by Pope Leo XIV
Available to read for free on the Vatican website:
www.vatican.va

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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