



JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Create a Summer Bucket List! Gather together and let everyone add their favorite ideas for summer fun.	2 Have an A-Z scavenger hunt in the backyard.	3 First Friday Visit Jesus in the Blessed Sacrament. Thank Him for all your blessings.	4 4th of July! Sing "God Bless America!"
5 Attend Mass and pray for a fun, safe, and holy summer!	6 Create colorful "stained glass" Gospel scenes using markers and tracing paper. Hang in your windows and watch the sunlight stream in.	7 THINK before speaking: is it True, Helpful, Inspiring, Necessary, or Kind?	8 Play frisbee or a game of catch in the backyard. Winner picks dinner. Runner-up picks dessert.	9 Ask your pastor or parish office how your family can help out in the parish.	10 Start a Summer Memories book. Add weekly pictures of family memories from summer.	11 Tackle a project you've been putting off.
12 Celebrate "mini-Easter" by having ice-cream sundaes after Mass.	13 Tonight, have everyone list something they admire about someone else at the table.	14 Make a meal for a friend or neighbor who is sick. Little ones can decorate Get-Well cards.	15 Attend Confession together. Make sure everyone is well-prepared.	16 Our Lady of Mt. Carmel Enjoy a caramel-themed dessert and pray a Rosary in honor of Our Lady.	17 Abstain from unnecessary screen-time from 12-3 PM.	18 "Tour" your city and learn its history. List places you would recommend to someone new.
19 After Mass, pray St. Gertrude's prayer for souls. Find it here: https://www.catholicmom.com .	20 Pray for anyone traveling this week.	21 Perform an unpleasant chore or task and offer it up for souls.	22 Create a family dinner for which each person makes part of the meal.	23 Ask forgiveness of anyone you've hurt. Offer forgiveness, too.	24 Family Fun Night Put away the screens and pull out the boardgames!	25 When shopping for school supplies, buy extras for a family in need.
26 After Mass, discuss the homily in terms children can understand.	27 Pick a Beatitude and try to live it all day (Matthew 5:3-11).	28 Watch a sunset together and praise God for His creation.	29 Sts. Martha, Mary, and Lazars Invite friends over for dessert in honor of these great friends of Jesus.	30 Offer to do yardwork together for an elderly neighbor.	31 Pray the Chaplet of Divine Mercy for those struggling now. Find it here: https://www.usccb.org .	