



## 25'-26' Parent Formation Dates & Discussion Topics

5:40-6:20 PM - St. Joseph of the Lakes  
Catholic Church

- November 5 – Get Holy & Die Trying  
(A fresh look at what holiness really means in daily life)
- December 3 – Be Still & Shop  
(Finding peace and purpose during the busiest season of the year)
- January 7 – New Beginnings  
(Starting the new year rooted in faith)
- February 4 – Lent: How to Talk with Your Child About Lent (Practical ways to bring Lent into your home)
- March 25 – Holy Week  
(Walking with your family through the most important week of the Church year)
- April 8 – Reflection & Celebration  
(Looking back on the year and giving thanks together)

Come ready to be encouraged, laugh a little, and walk away with simple, meaningful tools to grow in faith as a family!

# St. Joseph of the Lakes PARENT FORMATION



## Beauty & Prayer

On Sundays, we are called to appreciate the beauty that is all around us and when we recognize something as 'beautiful', it is meant to lead us to a greater love of God and all that He has given to us. When we take time to pray, go to Mass, or serve those in need, we directly participate in what makes God so beautiful; Sacrificial love!

How can we show Sacrificial Love towards God? By giving Him our 'time'! To deepen our relationship with God, we need to 'make time' to be with Him. The Catechism tells us that if live out Sacrificial Love by following the five 'precepts' (Holy Rules), then our relationship with Jesus **guaranteed** to flourish into something unimaginably beautiful!



### Filling Time: Water The Garden

As a family, decide how you want to 'give God more time'. Choose one of the following for each week of the month, or make up your own!

- Pray a decade of the Rosary together
- Read one Bible verse or chapter together before bed
- Watch a Christian show/movie like: The Chosen or Young David (Angel Studios)

Five Precepts: First, go to Mass every Sunday & every Holy Day. Second, go to Reconciliation at least once a year. Third, receive the Eucharist at least once a year. Fourth, observe days of fasting and abstinence. Fifth, provide for the needs of the Church (Catechism 2042-2043). These five things provide the foundation for our relationship with God & will also give us the strength to live a life of Sacrificial Love for our families as well!

Key Take Away: **Jesus** is *longing for more time* with **you!** If you 'make time' for God, if your family 'makes time' for God, He **always** shows up!



### Making Time: Weed the Garden

Take a look at your schedule this month. What can you sacrifice each week so that your family can 'make more time' for God?

- No phone or tv after dinner
- Don't watch the next Vikings game
- No sleeping in on Saturday or Sunday