

LIVING IN FAITH TOGETHER 2026-2027

Level 2



LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
September
2026-2027

Level 2

Chapter 1: God's Gifts—covered in September LIFT

- **If you didn't attend the September LIFT:** Read Chapter 1 in your Alive in Christ book, p. 53 and complete the Chapter 1 activity master in this packet.

Chapter 2: God's Promise

- Read Chapter 2 in your Alive in Christ book, p. 63
- Complete the Chapter 2 activity master in this packet.

Have fun! Remember: write on your activity master not in your book. :)

Prayer Corner: Our Father

Prayer the "Our Father" prayer everyday until we meet again:

Our Father, Who art in heaven,

Hallowed be Thy Name. Thy Kingdom come,

Thy Will be done, On earth as it is in Heaven.

Give us this day, our daily bread,

And forgive us our trespasses, as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil. Amen

Name _____

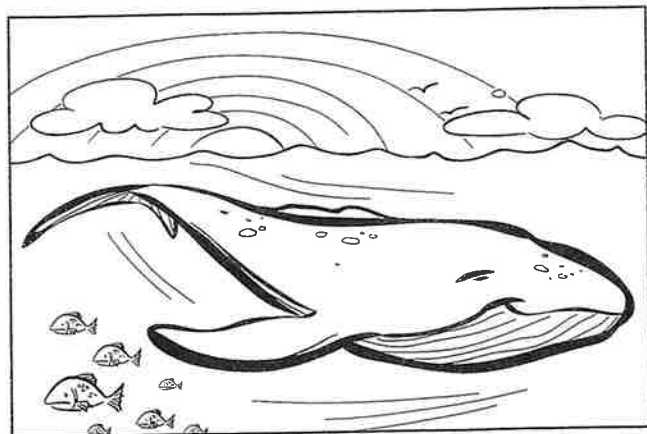
Date _____

All Creation Is Good

Color the pictures of God's creation. Write the name of the gift on the lines below the pictures.









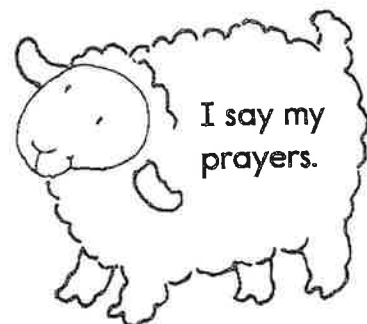
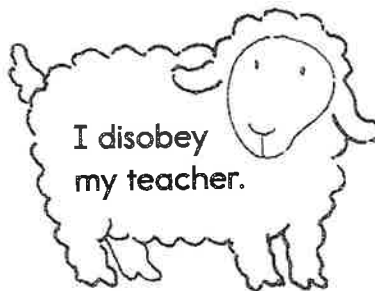
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Name _____

Date _____

Follow the Shepherd

Jesus is the Good Shepherd. Circle the sheep below that are following the Good Shepherd. Draw an X on the sheep that are not following Jesus.



LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
October
2026-2027

Level 2

Chapter 4: God the Father—covered in our October LIFT

- If you didn't attend the **October LIFT**: Read Chapter 4 in your Alive in Christ book, p. 87 and complete the Chapter 4 activity master in this packet.

Chapter 5: God the Son

- Read Chapter 5 in your Alive in Christ book, p. 97.
- Complete the Chapter 5 activity master in this packet.

Family Life: Unit 1

- Read Story 1 in this packet and read Lesson 1 in your Family Life book, p. 9-13.
- Read Story 2 in this packet and read Lesson 2 in your Family Life book, p. 14-16.
- Complete the Unit 1 activity master in this packet.

Prayer Corner: Hail Mary

Pray the "Hail Mary" prayer and the "Our Father" prayer every day until next month:

Hail, Mary, full of grace,
the Lord is with thee.

Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.

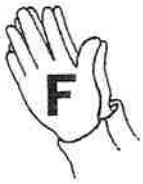
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.

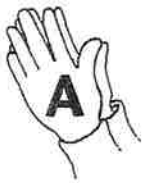
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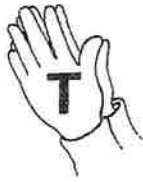
Trusting God with Our Prayers

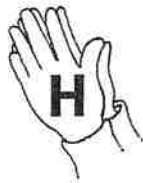
Name some people, places, or problems that need prayers
and that begin with the letters in the word *Father*.

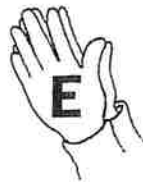
Trust God the Father to listen to your prayers.

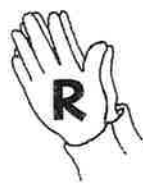












Name _____

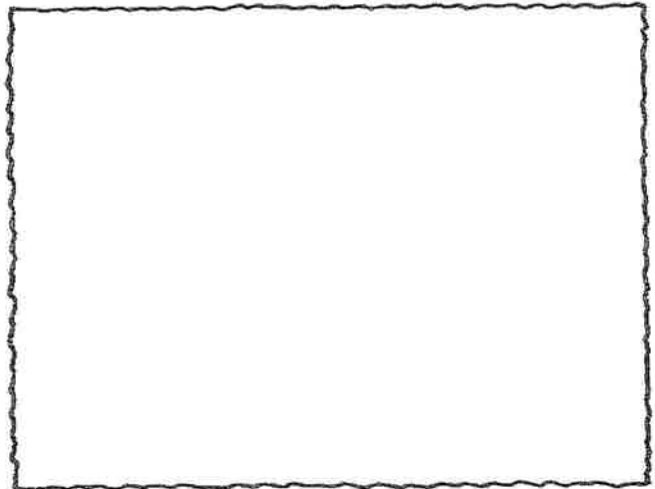
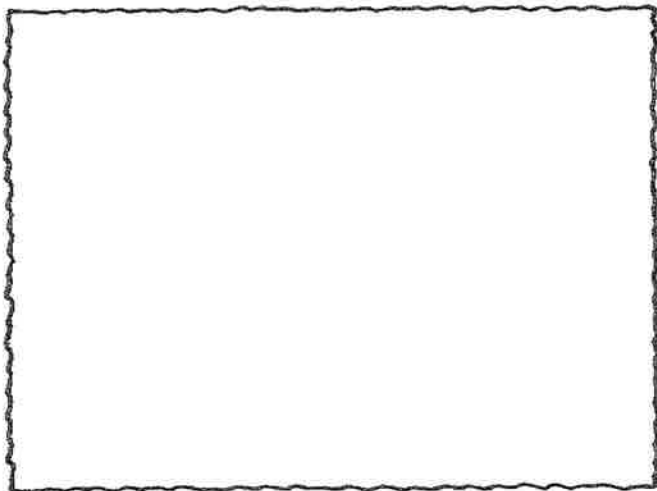
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Jesus Comes to Us!

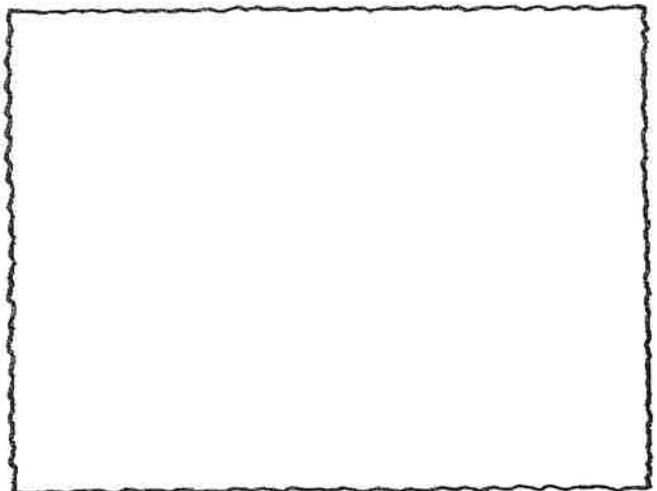
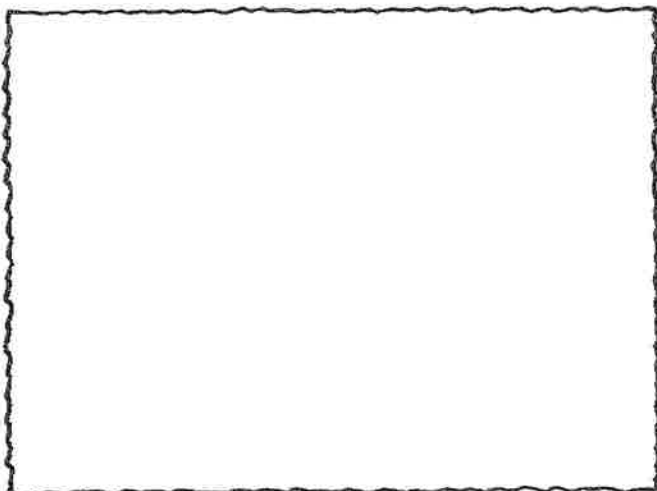
Use your imagination! Then use pictures or words to rewrite the story of Jesus. In your story, Jesus is born in today's world. Let your story answer all or some of these questions.

- Where would Jesus live?
- Where would he learn to pray?
- What clothes would he wear?
- What great things would he do?

My Story of Jesus



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Love for Everyone

The neighborhood picnic was the kids' idea. They knew that if they left it up to the adults, it might get too complicated. So they just told everybody on the block: Bring some food and come to the Gilmores' backyard on Saturday at four o'clock.

It was a great spot for a picnic. The Gilmores' backyard was big, messy and comfortable. It was constantly filled with action, because the Gilmores had three lively foster children, and it was a favorite spot for the neighborhood kids to gather.

Right at four, the families began coming through the gate: families of two and four and six and eight; families with grandparents and aunts and uncles; a young couple carrying their newly adopted baby.

They came carrying clinking pitchers of lemonade and big dishes, bowls and platters covered with cloths. All these were spread out on a big wooden table. And when everyone had gathered, the food was uncovered.

There was a huge brown bowl filled with arroz con pollo, alongside warm tortillas wrapped in a bright napkin, and a pile of fat, steamed rolls called bao, stuffed with pieces of chicken. There was a long platter of lasagna, with crisp breadsticks standing up in a basket. There were baked beans and hamburgers and corn on the cob.

Blankets were spread on the ground, and the young people sat with the elderly; the new neighbors from the end of the block sat with the couple who had lived in the neighborhood for twenty years; and the children from all the families looked on and grinned at the fine party they had made.

Everyone shared and tasted and talked and listened and laughed together. And finally, everyone helped with the cleanup.

As the sun went down, you could see the big and little groups of people carrying their blankets and dishes down the darkening streets, to their separate homes. But do you know what? They didn't feel like separate families anymore. They had shared their love, in many different ways. Now the neighborhood felt like one big home.



Trying

"Today," Gloria told herself, "I'm going to be absolutely perfect. I won't break any rules."

When the alarm clock went off, she got right out of bed. She brushed her teeth correctly and neatly hung up her wet bath towel. At school, she didn't run in the halls, and she didn't whisper in class. On the way home, she looked both ways before she crossed the street. She opened her apartment door and closed it quietly after her.

Mother was just coming up from the laundry room with a big basket of clean clothes; Gloria's little brother Billy tagged behind. The family rule was: Everybody helps. So, arming herself with a glass of orange juice, Gloria started folding the clothes and stacking them in neat piles. Mother went to set up the ironing board.

It took only one second and one wrong move: Gloria took a sip of juice, dropped the glass, and in a spectacular splash, all the clothes were soaked. Little Brother, who had been standing at her elbow, was also splattered. "Oh-oh!" he said, wiping his hands across his shirt.

Mother appeared in the doorway and put her hands to her face in dismay. "Oh no!" she said. "All my work!"

Gloria blurted out: "Billy did it! It's not my fault!" Billy was occupied with feeling his sticky hair.

Mother led Billy away to wash him up, and Gloria sighed in relief. Billy wouldn't get into trouble; he was just a little kid. She hadn't broken a rule, really, because she had been helping, and she hadn't meant to make a mess.

But there was another important family rule, and that was: Tell the truth. That was a big one. And it had been broken.

There are two things you can do with a broken rule: Fix it or pretend it didn't happen.

"Okay," Gloria thought, "I wasn't perfect. I guess I never will be. But there are ways to start over."

So first, Gloria told her mother the truth, and then she apologized to Billy (although he had no idea what she was talking about). She helped to do the laundry again. And as she folded the clothes into neat little piles, Gloria did one more thing to fix the broken rule: She closed her eyes and whispered, "I'm sorry, God."

LIFT October Level 2

Family Life Unit 1, Response Sheet



Read each sentence in the chart.
Color the box that shows how
often you do the action described.

ACTION	NEVER	SOMETIMES	ALWAYS
I ask, "Can I help you?"			
I follow directions.			
I pick up my things.			
I say, "I am sorry."			

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
November
2026-2027

Level 2

Chapter 7: God's Commandments—Nov LIFT

- **If you didn't attend the November LIFT:** Read Chapter 7 in your Alive in Christ book, p. 121 and complete the Chapter 7 activity master in this packet.

Chapter 8: Choose to Do Good

- Read Chapter 8 in your Alive in Christ book, p. 131.
- Complete the Chapter 8 activity master in this packet.

Family Life: Unit 2

- Read Story 3 in this packet and Lesson 3 in the Family Life book, p. 19-23.
- Read Story 4 in this packet and Lesson 4 in the book Family Life book, p. 24-26.
- Complete the Unit 2 activity master in this packet.

Prayer Corner: Glory Be

Pray the "Glory Be" prayer as well as the "Our Father" and "Hail Mary" prayers every day until next month:

Glory be to the Father and to the Son and to the Holy Spirit.

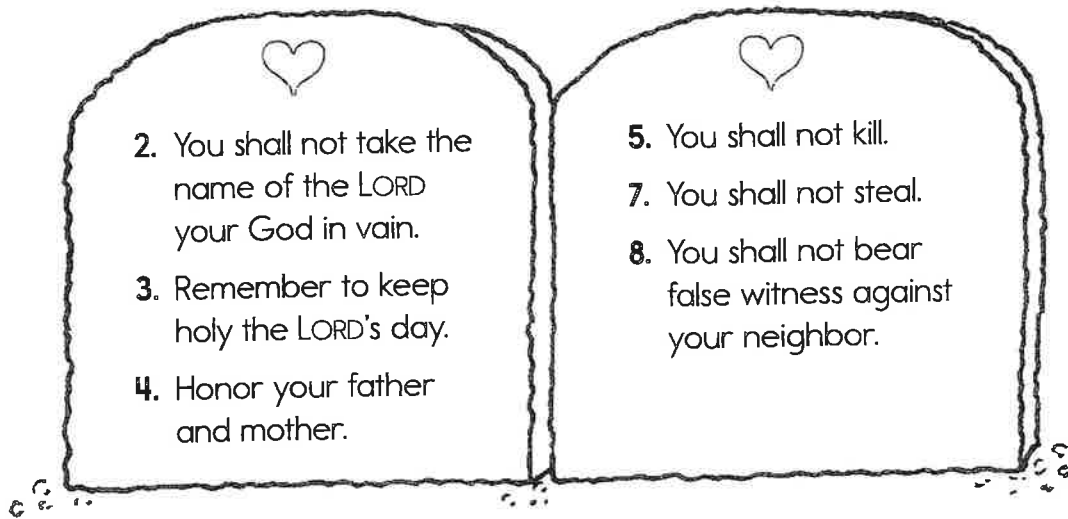
As it was in the beginning, is now, and ever shall be, world without end.

Amen.

Name _____

Date _____

Live the Commandments



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Read the sentences below. After each sentence, write the Commandment it describes. Use the Commandments listed in the tablets as a guide. Then write one way you can live the Commandment at home or at school.

1. I do not take what does not belong to me. _____

2. I always listen to my parents. _____

3. I do not use God's name in a bad way. _____

4. I praise and honor God on Sundays. _____

Name _____

Date _____

Jesus Forgives Peter

Use the secret code to discover what Jesus said to Peter and what Peter said to Jesus.

A=1 B=2 C=3 D=4 E=5 F=6 G=7 H=8 I=9
J=10 K=11 L=12 M=13 N=14 O=15 P=16 Q=17 R=18
S=19 T=20 U=21 V=22 W=23 X=24 Y=25 Z=26

Jesus:

4 15 25 15 21 12 15 22 5 13 5

?
16 5 20 5 18

Peter:

25 15 21 11 14 15 23

9 12 15 22 5

25 15 21

12 15 18 4



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Gifts to Share

The museum building was huge and echoed, like a cave or castle. Bill and his friends Jean and John stopped in front of each exhibit, talking and pushing buttons and pulling switches. Because Jean was blind, she especially loved the exhibits with sounds, like the echo chamber.

John couldn't hear the sounds, but he could read Jean's and Bill's lips while they explained what the sounds were like. John loved the movement of a giant swinging pendulum. He carefully watched its growing and shrinking shadow moving across the floor—something none of the people around him noticed.

Bill held Jean's arm and swung it like the pendulum to show her what it was like. Jean laughed and nodded, and then she listened to the quiet sound of the pendulum, which none of the people around her seemed to hear.

Children were running excitedly from room to room, hardly stopping to really look and listen. But Bill, who moved more slowly in his special wheelchair, paused often. He looked and listened and discovered new things, which few of the people around him even thought about.

At the end of the day, the three friends saw some other school children who had wandered away from their group. "I think they're lost," said Bill, studying their serious faces.

"They are," said John. "I can read their lips from here. They're wondering how to find the museum entrance and their bus."

Jean, Bill and John had been picking up a lot of clues as they went along, so they knew exactly where to go.

They went over to the little group. "Looking for the entrance?" Bill asked. The children nodded. "Look for the tiles on the floor that look like stars and follow them," he said. John added, "When you come to the big windows, turn left and keep going."

And Jean said, "When you get close to the entrance, you'll hear a beeping sound and the sounds of traffic as the doors open and close."

The group thanked them and walked away. "Time for us to go, too," said Jean. And off went the friends, filled with sights and sounds that many people never see or hear at all.



Changes

It seemed to Karen that early morning hours went faster than any other time of the day. There was so much to do, and the clock hands moved around way too quickly.

This year, Karen had extra jobs to do in the morning before school: She had to help clear away the breakfast dishes and see that there was fresh water in the puppy's bowl. Some days, she barely caught the school bus.

As she bounced along in the school bus this morning, Karen hugged her backpack and looked gloomily out of the window. She was thinking of the comfort she used to get from curling up in her favorite corner of the sofa, hugging her old rag doll. Now she felt too grown up to cling to a doll, and anyway, the sofa corner didn't quite fit the way it used to.

A lot of things were changing, and it was hard to get used to, some days. There were more jobs to do, more important choices to make, harder work to do at school. If it seemed tough now, what would it be like next year? Would she be able to handle it?

Then the bus arrived at school, and the day began to get a little brighter. A friend said to Karen, "Pretty sweater!" and Karen could proudly reply, "I picked it out myself." She thought, "That was one of my important choices, and I could handle that."

And yes, there was more to learn at school and more to listen to and think about and remember. But there was also the excitement of feeling, "I can handle that!"

Karen stayed for the after-school sports program, and that gave her a few more ideas about growing up: I have more friends, I know how to do more things and I'm getting to be a really good soccer player.

As her team ran out onto the field, Karen remembered last year when she couldn't even kick a ball in the right direction. Now, the kids yelled, "Go get'em, Karen!"

And Karen thought, "Yep, I can handle that!"

LIFT November

Level 2

Family Life Unit 2, Response Sheet

Activity



Think about making a good choice.

Who will you WATCH? _____

Who will you ASK? _____

Who will you LISTEN TO? _____

What will you do next? _____

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
December
2026-2027

Level 2

Please complete the following assignment if you were NOT at the December LIFT session.

If you were present at the December LIFT session, there is NO assignment due at this time.



Advent: Change Our Hearts

- Read the chapter on Advent in your Alive in Christ book, p. 19.

Christmas: Glory to God

- Read the chapter on Christmas in your Alive in Christ book, p. 25.
- Complete the December activity master.

Have a Merry Christmas and a Happy New Year!

LIFT December Level 2 Response Sheet

What are we preparing for during the season of Advent?

What does it mean to change our hearts?

What is the Good News that the angels shared at that first Christmas?

How does your family welcome Jesus at Christmas?

LIVING IN FAITH TOGETHER



at Church of the Holy Eucharist January 2026-2027

Level 2

Chapter 10: The Sacraments

- If you did not attend the January **LIFT**, read Chapter 10 in your Alive in Christ book, p. 155 and complete the Chapter 10 activity master in this packet.

Chapter 11: Seek Forgiveness

- Read Chapter 11 in your Alive in Christ book, p. 165.
- Complete the Chapter 11 activity master in this packet.

Family Life: Unit 3

- Read Story 5 in this packet and read Lesson 5 in your Family Life book p 29-33.
- Read Story 6 in this packet and read Lesson 6 in your Family Life book, p. 34-36.
- Complete the Unit 3 activity master in this packet

Prayer Corner: Up your prayer game!

What can you do this month to up your prayer game? Here are some ideas:

- If you are already praying at night, start praying in the morning before school too.
- If you pray for 5 minutes each day, try to stretch it to 10 minutes a day.
- Introduce saying grace before meals.
- Pull out a children's Bible and read a story before prayer.
- Pray a decade of the rosary each day as a family.



Name _____

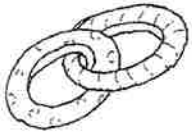
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Sacrament Match-Up

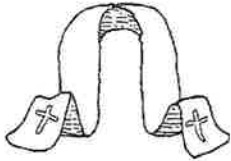
Six of the Seven Sacraments are pictured below. Draw lines to match the Sacrament names with the pictures that best tell about them.



Confirmation



Eucharist



Anointing of the Sick



Reconciliation



Holy Orders



Matrimony

Draw a picture of the missing Sacrament.
Label your picture with the Sacrament's name.

Name _____

Date _____

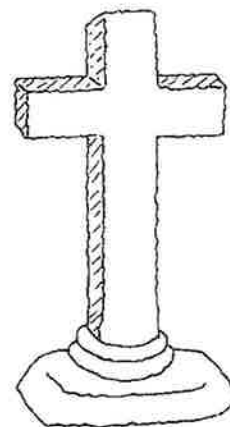
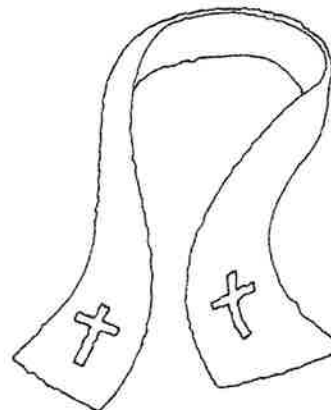
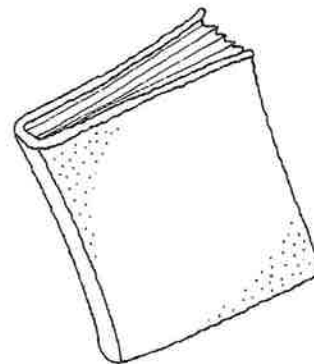
The Sacrament of Reconciliation

Review the steps for the Sacrament of Reconciliation. Then use the words in the Word Bank to complete each sentence. You will use each word only once.

Word Bank

.....

sins	conscience	pray	Bible
sorrow	sorry	absolution	penance



1. I _____ to God.
2. I examine my _____.
3. I tell God I am _____
for my sins.
4. I listen to the reading from the
_____.
5. I confess my _____.
6. The priest gives me a _____.
7. I pray a prayer of _____.
8. The priest gives me _____.

A Baby Is Born

Inside the mother, the baby was sleeping, curled up and quiet. Now and then it would move and stretch, but then it would drift back into peaceful sleep. It was safe and warm.

The baby's parents waited for their baby to be born, all the time talking about the new little person who would soon occupy the crib in the nursery. What would it be—a son or a daughter? Which of them would the baby look like?

They had talked for months about the baby's name and were all ready with a girl's name (Elizabeth) and a boy's name (Daniel).

The little clothes were ready. But somehow, it was hard to imagine a being so small as to fit into them. They would sit together quietly and feel the baby move and try to imagine their baby's face. They'd wonder if the little boy or girl would seem familiar to them, looking like one of the family from the very beginning.

They had never been parents before, and it was wonderful and exciting to think about. It was also a little scary. Together, with love, they had begun this new life, and now it was theirs to love and guide and plan for.

From now on, through a lifetime, they would watch their child grow and learn. They would see what kind of person he or she would grow into.

The great day came, and the parents were together when the baby was born. Together they looked for the first time into the face of their child. They touched the little head and the tiny fingers.

All kinds of thoughts came to them: This is the first day of a whole lifetime, and who knows all the wonders and sorrows that lifetime will bring? Here was a new baby, straight from God, born with hope, full of love.

The parents looked at each other and then back at their brand new child.

"Hello, Elizabeth," they said. "Hello, little girl."

The Great Commandment

Father McKenzie made an unusual announcement during Mass: "For the next few weeks, let's try to avoid using the side door to the social hall. A hummingbird has built its nest in the bush close to the door, and we don't want to disturb it till the babies are ready to fly."

Robert heard a voice whisper behind him, "If I were a hummingbird, I'd appreciate that." And that's when Robert caught on. "If I were a hummingbird." The people in his parish could put themselves in the place of even that tiny bird, so they knew what it needed. That was neat.

There was also an announcement about the food and clothing drive. The parish had been collecting things for a week. Now everyone was to meet on Monday evening to pack up and deliver everything to the homeless shelter in the city.

"What's it like, not to have a home?" Robert thought. "Not to have a place to come to after school, not to have a bed that belonged to you." It was hard to think about. Robert was glad his family was helping with the drive. "If I were homeless," he said to himself, "I'd want to know somebody cared about me."

After Mass, people stood around for a while on the sidewalk in front of the church. Robert stood by his father as some of the men began to talk.

"There's an elderly neighbor of mine," said one man, "whose roof needs patching before the next rain. She can't afford the repairs. Maybe some of us could get together and do it."

"No problem," said the owner of a hardware store. "I'll donate the materials."

"I'll bring my tools," said Robert's father, and a few other men offered their help, too.

"If my roof were leaking and I couldn't afford to fix it," thought Robert, "I might feel too shy to ask, but I'd really be thankful for good neighbors."

Robert glanced around and saw a new family being greeted by his Church family. A four-year-old boy clung to his mother's hand, looking up at all the strange faces. "If I were that kid, I'd be glad if somebody came up and said 'hi' to me," Robert thought. And that's exactly what he did.

LIFT January

Level 2

Family Life Unit 3, Response Sheet

I Can Start Now

You can care for living things.

You can start right now.

You can start at home.

Activity

Write or draw something that
each of these living things needs.

Plants

Pets

People

LIVING IN FAITH TOGETHER



at Church of the Holy Eucharist February 2026-2027

Level 2

Chapter 13: Welcome in the Kingdom

- If you did not attend the February LIFT, read Chapter 13 in your Alive in Christ book, p. 189 and complete the Chapter 13 activity master in this packet.

Chapter 14: Share the Good News

- Read Chapter 14 in your Alive in Christ book, p. 199
- Complete the Chapter 14 activity master in this packet.

Family Life: Unit 4

- Read Story 7 in the packet and read Lesson 7 in your Family Life book, p. 39-43.
- Read Story 8 in the packet and read Lesson 8 in your Family Life book, p. 44-46.
- Complete the Unit 4 activity master in the packet.

Prayer Corner: Preparing for Lent

How do we prepare for Lent? Almsgiving, Fasting, Prayer.

- **Almsgiving** – giving money to the poor.
- **Fasting** - fasting literally means not eating but you can also fast from foods (ice cream, dessert, pizza) or fast from activities like playing video games or scrolling on Tik Tok.
- **Prayer** – For Lent, we can up our prayer game. Maybe if you pray as a family at night, add the morning as well. Consider saying grace together at dinner, if you don't already. Maybe if you are doing all of this, consider beginning to say the rosary.

What will you do as a family to observe Lent this year?

Name _____

Date _____

Have Faith!

Jesus saw that Zacchaeus had faith in God. Color the sentences below that tell something about your faith in God.

God gives me a
family who loves me.

God cares for me.
His love never ends.

God is always willing
to forgive me.

God loves only the
members of the
Catholic Church.

God wants me to be
happy with him forever.

God sent
his own Son
to save me
from sin.

God gives me the Church to
help me grow closer to him.

God's love will leave me
when I make wrong choices.

Name _____

Date _____

Something Beautiful for God

A. Read each story. Circle the letter of the answer that gives the best way to show God's love.

1. A boy in your class drops his lunch tray. He is standing there with his lunch all over the floor. He begins to cry. What would you do?
 - a. Laugh and tell your friends that he is clumsy.
 - b. Help him clean up, and offer to share your lunch with him.
 - c. Pray that this never happens to you.

2. Your mom or dad comes home late from work, feeling very tired. You want to go to the mall to get things for an art project that is due in two weeks. What would you do?
 - a. Demand that Mom or Dad take you to the mall right away.
 - b. Tell your teacher that your parent would not help you with your project.
 - c. Wait until your mom or dad asks you about your day, and tell her or him about your art project.

B. Draw a picture about one of these stories, showing God's love.

Making Things Right

Marcy thought, "How could I do such a dumb thing? In one minute, I lost the best friend I ever had in my life."

Marcy and Annie had been neighbors and friends all their lives, ever since the day their moms put them, as babies, in the same playpen together. Through the years, they had shared everything, talked about everything, done everything together. And since their first days of school, they had always walked to school together. Always.

Then a new girl moved into the neighborhood, and everything changed. Annie wanted to welcome her and have the three of them do things together. But Marcy wanted to keep the friendship the way it had always been—just the two of them. Whenever she saw Annie and the new girl together, Marcy felt a terrible sadness and loneliness. She refused to join them. In time, the sadness turned to anger.

And on the first day of school, when Marcy went to Annie's house so they could walk together, there was the new girl with Annie.

Marcy had felt her face go hot and red, and she remembered saying something mean and dumb. Ever since, she had been walking to school alone. She'd never felt so lonesome in her life.

After a week, Marcy couldn't stand it anymore. She knew she had to take some important steps. Was it too late to get a fresh start? Maybe, but at least she would try. Marcy was going to do this thing right: She'd use some things she learned about Penance and Reconciliation, the sacrament that specializes in fresh starts.

So Marcy pulled together her courage and went to Annie and said the words that are so hard to say: I'm sorry. They talked over what went wrong until each of them understood the other's hurts. They decided together, that three friends can be just as good as two friends. Love is stretchable. One size fits all.

And, at the end, Annie said to Marcy those three most powerful words of all: I forgive you.



The New Family

After Carol and John's wedding, they discovered something interesting: It wasn't always easy being a brand-new family. They had a lot of things to do and a lot of choices to make.

When they got back from their honeymoon trip, they came in the door of their new apartment and set down their suitcases. They didn't have much furniture yet, and the place seemed very empty and quiet. Both of them had come from large families, where home was a lively, crowded place.

"This will take some getting used to," said John.

"It's really different, isn't it?" said Carol.

There were a lot of differences to get used to. Carol's and John's families didn't do the same kind of cooking, so they had to learn each other's favorites and try new kinds of foods.

It was fun to buy furniture for the new apartment, but they found out that they didn't always like the same things. Sometimes it took a lot of talking and choosing before they found things both of them liked.

Sometimes, they tried new ways of doing things—different from the ways their families had lived. But some ways stayed the same, because they were too good to change. They held hands and said grace at every meal, they ended every day with prayer, and they went to church every Sunday.

They made up some new ways of celebrating Christmas and Easter together, but they kept some of the old ways, too.

There were days when both of them were happy or both of them were sad, and then there were days when one of them was sad and one was happy. And there were days when they were both impatient with all their new responsibilities.

And at those times, they would go together to some quiet place and remember the promises they had made to each other. They were good promises, and they knew that God was working with them to start their brand-new family off right.

LIFT February

Level 2

Family Life Unit 4, Response Sheet

Activity

Write the names of those people who can help you when things go wrong.

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
March
2026-2027

Level 2

If you were present at the March LIFT session, there is no assignment due at this time. Please complete the following assignment if you were not at the March LIFT session.

Lent: Teach Me Your Ways

- Read the chapter on Lent in your Alive in Christ book, p. 31.

Easter: He Is Risen

- Read the second chapter on Easter in your Alive in Christ book, p. 43.
- Complete the March attached response sheet that covers both chapters.

Have a Happy Easter!
He is risen, indeed!



LIFT March Level 2 Response Sheet

What are we preparing for during the season of Lent? What color does the priest wear in Lent?

What is the most important thing that Jesus teaches us?

How long does the Church celebrate Easter?

What is your favorite family tradition at Easter?

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
April
2026-2027

Level 2

Chapter 16: Gather to Worship

- If you did not attend the April LIFT, please read Chapter 16 in your Alive in Christ book, p. 223.
- Complete the Chapter 16 activity master in this packet.

Chapter 17: Listen to God's Word

- Read Chapter 17 in your Alive in Christ book, p. 233.
- Complete the Chapter 17 activity master in this packet

Family Life: Unit 5

- Read Story 9 in this packet and read Lesson 9 in your Family Life book, p. 49-53.
- Read Story 10 in this packet and read Lesson 10 in your Family Life book, p. 54-56.
- Complete the Unit 5 activity master in this packet

Prayer Corner: Aspirations

The Catholic Church has a tradition of short prayers called aspirations. Aspirations can help us to focus on God, to deal with an anxious moment, to fall asleep, to still our busy minds. Try using aspirations this month as a family. Here are some favorites:

- Lord Jesus Christ, Son of the Living God, have mercy on me a sinner.
- Jesus, come.
- Jesus, I trust in You.
- O Jesus, I surrender myself to you, take care of everything.

Name _____

Date _____

Match Words and Actions

Draw a line from the words in Column A to the correct action in Column B.

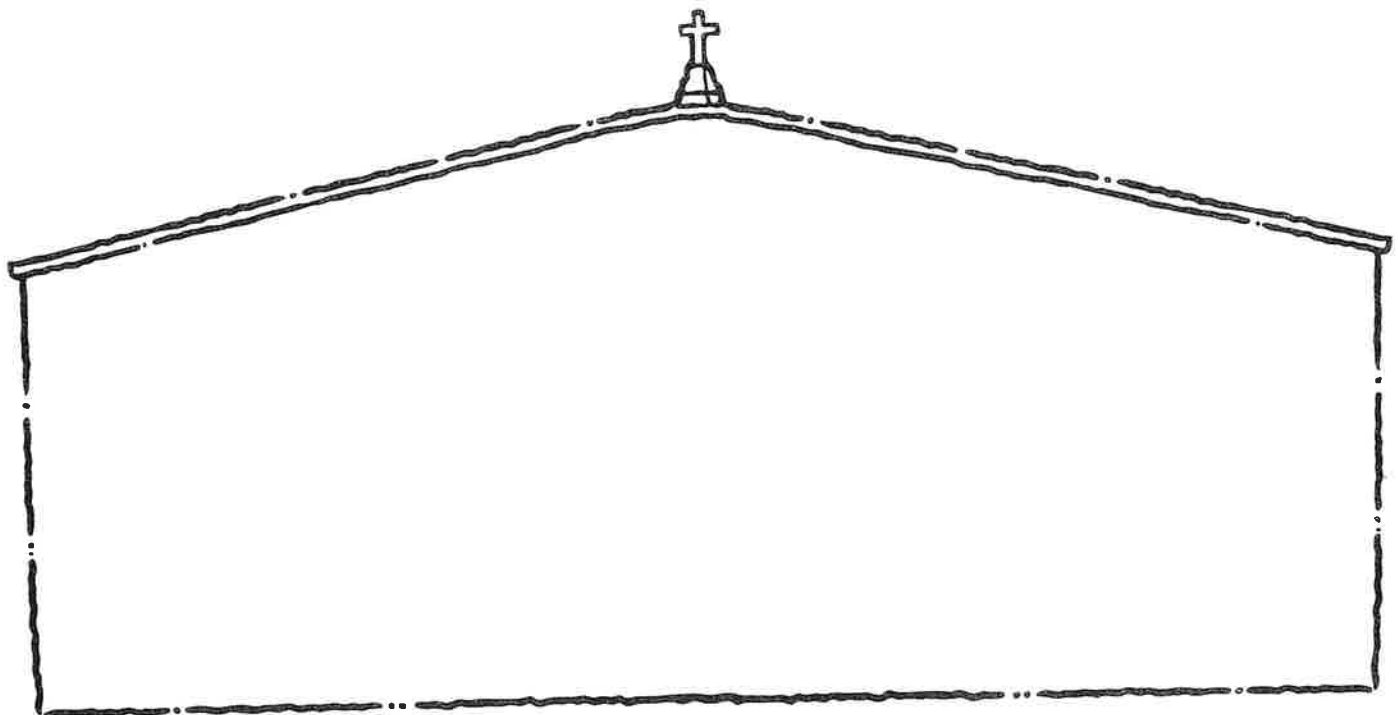
Column A

1. "In the name of the Father, and of the Son, and of the Holy Spirit."
2. entrance procession
3. gathering song
4. "Lord, have mercy"
5. "Glory to God in the highest"

Column B

- Stand.
- Sing.
- Give praise and honor to God.
- Make the Sign of the Cross.
- Ask God's forgiveness.

Draw a picture that shows one of the Mass actions listed above.



Name _____

Date _____

The Liturgy of the Word

Find below the parts of the Liturgy of the Word. Use numbers to put them in the correct order. Then have a parent check your answers

Alleluia

Prayer of the Faithful

New Testament Letter

homily

Psalm

Old Testament reading

Creed

Gospel reading

Happy Times, Sad Times

There was a saying in the Johnson family: "Nothing works quite as well as a good hug." And there were always plenty of good hugs to go around—on birthdays and holidays and family picnics and when Daddy got a raise and when one of the kids brought home an A on a report card.

When Lester finished first in the school marathon, he was honored with hugs. When Cindy won a spelling bee, nothing but hugs could quite help her handle the pride and joy she was feeling. When Grandma and Grandpa celebrated their golden wedding anniversary, hugs were the best presents at the party.

At Christmastime, at midnight Mass, the Johnsons sat close together in their pew and listened to the glorious music: "Rejoice, rejoice, Emmanuel!" "Emmanuel—that means 'God with us,'" said Father Bennett.

"Rejoice!" the Johnsons told one another, and sealed their greetings with hugs. Nothing else could completely express their joy. Nothing worked as well as a good hug.

They had their dark days, too; good times don't come all the time, not for any family. Lester lost some races, too, and Cindy didn't get to go to the Spelling Bee State Finals; she missed by one word in the tryouts. There was that dent in the fender of the family car, the leak in the roof and the hitch in the vacation plans.

But always there were hugs, and always, the family said, "We'll do it together, we'll do it with love, we'll do it with God." And somehow, it all worked out okay.

Then one day, Grandma died, and the family cried together. They all felt the empty space that she had left behind, and it was hard, very hard, to think that it would never be filled again.

The family went to Grandma's funeral Mass; they sat together in their pew and listened to the music and the words that said Grandma was closer to God than ever. She was living with God in Heaven.

After Mass, they gathered Grandpa in their arms and mixed their tears together. Good times and bad times, nothing works quite as well as a good hug.

Being a Friend

The three boys had been neighbors all their lives. They had taken their first steps together, learned to skateboard and ride two-wheelers together. They'd been together through bruises, bumps and skinned knees. One was good at spelling, one was a math whiz and one could make masterpieces with an ordinary box of crayons. Each one helped and taught and learned from the others. They were an unbeatable team.

When they were all seven years old, one of the boys said sadly, "My family's going to move a thousand miles away." For a long time, the boys sat together without talking. And then one said, "I think friendship can stretch a long way—even a thousand miles." And do you know what? It did.

Lisa was thirteen years old when she first met her Big Sister. After Lisa's mom died, she kept thinking how neat it would be to have someone to shop and go places with and try out new hairstyles and learn how to use lipstick. Dad was great, but sometimes you needed to do girl things and talk girl talk. For a long time, Lisa thought there couldn't be anyone like that in her life. But then Big Sisters of America sent Lisa the friend she'd been dreaming about. What a difference it made to have a grown-up friend! Lisa told her Big Sister: "I'm so lucky to have you." And her Big Sister said, "And I'm lucky to have you, too."

All the kids in the little apartment house knew Mrs. Watson. She was an elderly widow who lived all by herself, up on the third floor. There was always something happening in her apartment. When the kids went up there, Mrs. Watson would be teaching her parakeet to sing, trying out a new cookie recipe or learning how to do something new from a library book. Together, the children and Mrs. Watson learned how to juggle tennis balls, recite a Japanese poem and grow a new plant from a pineapple top. They spread an old blanket on her living room floor and had rainy-day picnics. Some of the parents asked their children, "How do you find so many things to do with Mrs. Watson? She's seven or eight times your age!" And the children replied, "It's easy. She's our friend."

Level 2

Family Life Unit 5, Response Sheet

Activity

Draw pictures of two ways to show that you are someone's friend.

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
May
2026-2027
Level 2

Please complete the following assignment if you were NOT at the May LIFT session.

Chapter 19: Supper of the Lamb

- Read Chapter 19 in your Alive in Christ book, p. 257.
- Complete the activity master in your packet.

Once you have completed the assignment, please return your Alive in Christ and Family Life books to the Faith Formation Office. Thank you and enjoy your summer!



A Prayer for Summer

Father, Creator of all, thank you for summer! Thank you for the warmth of the sun and the increased daylight. Thank You for the beauty I see all around me and for the opportunity to be outside and enjoy your Creation. Thank You for the increased time I have to be with my friends and family, and for the more casual pace of the summer season. Draw me closer to You this summer. Teach me how to pray no matter where I am or what I am doing. Warm my soul with the awareness of Your presence and light my path with Your Word and Wisdom. As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for you! Amen.

Name _____

Date _____

Receiving Jesus

We receive Jesus himself when we receive Holy Communion.

Draw a picture of you and your family receiving Holy Communion.

