

# *Gather and Grow*

FOR FAMILIES WITH YOUNG CHILDREN

*A personalized and flexible retreat for growing and improving family life and relationships*

This is meant to be a personalized and flexible at-home retreat for yourself and your family. How the day looks is completely up to you, however you are provided with a rough outline and ideas for prayers, activity, and “small group time” or round table discussion. You can choose to use whatever you think your family needs, and leave out anything you do not desire to do, especially since you may need to add flexible time in for naps and other things.

The day is split up into three main categories: fun family activities, family prayer time, and round table discussion

<p><i>General schedule:</i></p> <p>BREAKFAST &amp; ROUND TABLE</p> <p>PRAYER TIME</p> <p>ACTIVITY</p> <p>LUNCH &amp; <i>OPTIONAL</i> ROUND TABLE</p> <p>PRAYER TIME</p> <p>ACTIVITY</p> <p>DINNER &amp; ROUND TABLE</p> <p>PRAYER TIME</p> <p>ACTIVITY</p>
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## NOTES:

- Allow everyone to be involved in decision making for the day: for example, let each child choose an activity and a prayer or have some form of input
- Engage in open and honest communication, actively listen and make sure everyone feels understood and listened to
- Consider limiting screen time during the day

# Family Activity Ideas

*An asterisk (\*) indicates there are more resources for the activity attached at the end*

1. GAME TIME // Choose a board game or toy set to play together.
2. FAMILY AFFIRMATIONS // Each family member creates a love letter or drawing for everyone answering the question, “Why do I love you?”.
3. TEA PARTY
4. MOVIE MARATHON // Each family member picks their favorite movie, shares why they love it, and the entire family watches the movies together throughout the week.
5. ORDER TAKE OUT // Choose the family’s favorite restaurant, order a meal, and share it together while answering round table questions.
6. BUILD A FORT // Watch a movie or have play time in your fort.
7. HAVE A PICNIC OUTSIDE
8. CORE EMOTIONS ACTIVITY\* // See the attached paper and questions.
9. COOK OR BAKE // Cook a meal or bake a dessert together as a family. Give everyone a certain job!
10. POPSICLE STICKS // Have family members write down some of their favorite things to do on popsicle sticks, put them in a jar, and draw from the jar throughout the day to pick the activity.
11. GO ON A FAMILY WALK // Make it into a safari, adventure, or scavenger hunt.
12. WATER TIME // Play in the pool, sprinklers, with a water table, etc.!
13. DRAW WITH SIDEWALK CHALK OUTSIDE // Play tic-tac-toe, hangman, have a drawing competition, or write notes of encouragement for everyone passing by!
14. HAVE A FAMILY TALENT SHOW
15. WHITE ELEPHANT GIFT EXCHANGE // Have each person find an item in the house, wrap it up, and do a white elephant gift exchange with the items (bake some Christmas cookies and make it Christmas in spring!)
16. CREATE A FAMILY MISSION STATEMENT // Gather together and have all the family members contribute to a mission statement for the family. Write it, sign it, and display it in your house.
17. HAVE A DANCE PARTY\* // Throw on your favorite tunes. Have a dance battle or learn a dance together.
18. RESTAURANT DATE NIGHT // Turn one of the meals into “restaurant date night” and have the children act like waiters, waitresses, hostess, or cooks while you and your spouse enjoy a nice candle-lit meal.
19. MAKE CARDS // Write cards for family members/loved ones and deliver them today or at a later time.
20. CREATE A BASKET // Make a basket filled with cards, snacks, toys, etc. to deliver to a neighbor together as a family.
21. WORK ON A HOUSE PROJECT TOGETHER // Split into teams or make a competition out of doing housework, painting, cleaning the yard, or any other house projects.
22. PLAY A GAME OUTSIDE // Play a family game of tee-ball, kickball, freeze tag, or any other game.

# Family Prayer Ideas

1. ROSARY\* // Pray a decade of the rosary and work on teaching prayers.
2. DIVINE MERCY CHAPLET\* // Pray a decade of the Divine Mercy Chaplet and work on teaching prayers
3. LITANY\* // Pray a litany together (Litany of Humility, Litany of Light, etc)
4. BIBLE STORY AND COLORING PAGES\* // Read a story from the Bible and then fill out corresponding coloring pages
5. BIBLE STORY PLAY\* // Read a story from the Bible and have children act it out
6. LEARN ABOUT A SAINT\* // Read a story about a saint
7. GRATITUDE AND PETITION //Everyone says one thing they are thankful for and one thing they want to pray for.
8. GOSPEL // Read the Gospel for the day or for the coming Sunday and discuss it.
9. CREATE A SACRED SPACE\* // As a family, pick an area of your house to make into a sacred prayer space.

# Round Table Questions

Some questions are for everyone to answer, some are for parents to answer, and some are for children to answer. Either choose which questions you want to answer or print, cut them out, and draw at random!

## BREAKFAST ROUND TABLE

*You can talk about the day ahead and allow everyone to be involved in decision-making. If you feel it is necessary, you can create a "schedule" or any rules or boundaries you think might be helpful to set (for example, limiting screen time).*

- |   |   |
|---|---|
| What is one family activity that you would like to do today?        | What is your favorite movie and why?              |
| What makes you feel loved and known?                                | What are your three most favorite things to do?   |
| What is one prayer activity that you would like to do today?        | What are some things you are afraid of?           |
| What is one thing you would like to get out of this family retreat? | What is or was your favorite toy?                 |
| What kinds of things hurt your feelings?                            | How do you know when someone is listening to you? |

## OPTIONAL LUNCH ROUND TABLE

- |  |   |
|--|---|
| What do you want to be when you grow up? Why?              | When you were a child, what did you want to be when you grew up?    |
| What is your favorite family tradition?                    | Have you ever been in big trouble? Why? What did you learn from it? |
| What is the most difficult thing about being a kid?        | What makes you feel welcomed and loved when you get home?           |
| What was your favorite game to play when you were a child? | What do you worry about the most and why?                           |
| What is your favorite holiday and why?                     |   |

## DINNER ROUND TABLE

- |  |   |
|--|---|
| What was your favorite part of today?  | What was dinnertime like when you were growing up?        |
| What is one thing we did today that you would like to be a regular occurrence in our family? | What is your favorite story about your parents as kids?   |
| What was a time that you felt loved today?   | When is it hard for you to say "I love you"?              |
| What is your favorite thing about each family member?  | When are you most frightened? What makes you feel better? |
| How can I love you better?   | If you could make one wish, what would it be?             |

# Resources

## CORE EMOTIONS ACTIVITY

*Look at the core emotions sheet attached and answer the following questions together.*

1. How are you feeling right now?
2. What three emotions do you feel most frequently and why?
3. What three emotions do you not experience frequently and why?
4. What is one emotion you wish you could experience more?
5. What is one emotion you wish you could experience less?
6. Have each person choose an emotion. What does it feel like to experience that emotion? In what situation do you feel it?
7. When was a time you were angry/excited/happy/lonely/overwhelmed?

## DANCE PARTY/PHYSICAL ACTIVITY

**BalletNova Center for Dance** is offering free live-streamed classes on Facebook Live.

**Moovlee** is great for toddlers, and guide your kids through different workouts like stretching, Kung Fu, and meditation.

**Popsugar Fitness: Family-Fun Cardio Workout** is great for everyone and had fun cardio games and challenges.

**Little Sports** guides your kids to stretch, do cardio moves, and more.

**Petite Feet Dance** is a YouTube channel that will help teach your kids different ballet moves and other forms of dance!

*If you need more ideas, you can also simply search for “children’s dance videos” on YouTube and all follow along!*

## ROSARY

*Here are instructions for how to pray the Rosary, as well as the prayers you need to know. Attached, you will also find a Rosary/DMC decade coloring sheet for children to color in and follow along, as well as the enlarged prayers that they can hang up and practice.*

1. While holding the crucifix, make the sign of the cross and pray the Apostles’ Creed
2. On the first large bead, pray the Our Father
3. On the next three small beads, pray the Hail Mary
4. In the next space, pray the Glory Be.

*There are five decades, or groups of 10 small beads, that make up the rosary. The prayers for each decade are repeated many times. This gives you an opportunity to reflect on the words, which are deeply rooted in the Bible and Christian tradition.*

5. On the next large bead, pray the Our Father.
6. On each small bead in the decade, pray the Hail Mary
7. In the space after the 10<sup>th</sup> bead, pray the Glory Be and Fatima Prayer.

# List of

# Core Emotions\*

Anger

Anxious

Belonging

Blame

Curious

Disappointed

Disgust

Embarrassment

Empathy

Excited

Fear | Scared

Frustrated

Gratitude

Grief

Guilt

Happy

Humiliation

Hurt

Jealous

Joy

Judgment

Lonely

Love

Overwhelmed

Regret

Sad

Shame

Surprised

Vulnerability

Worried

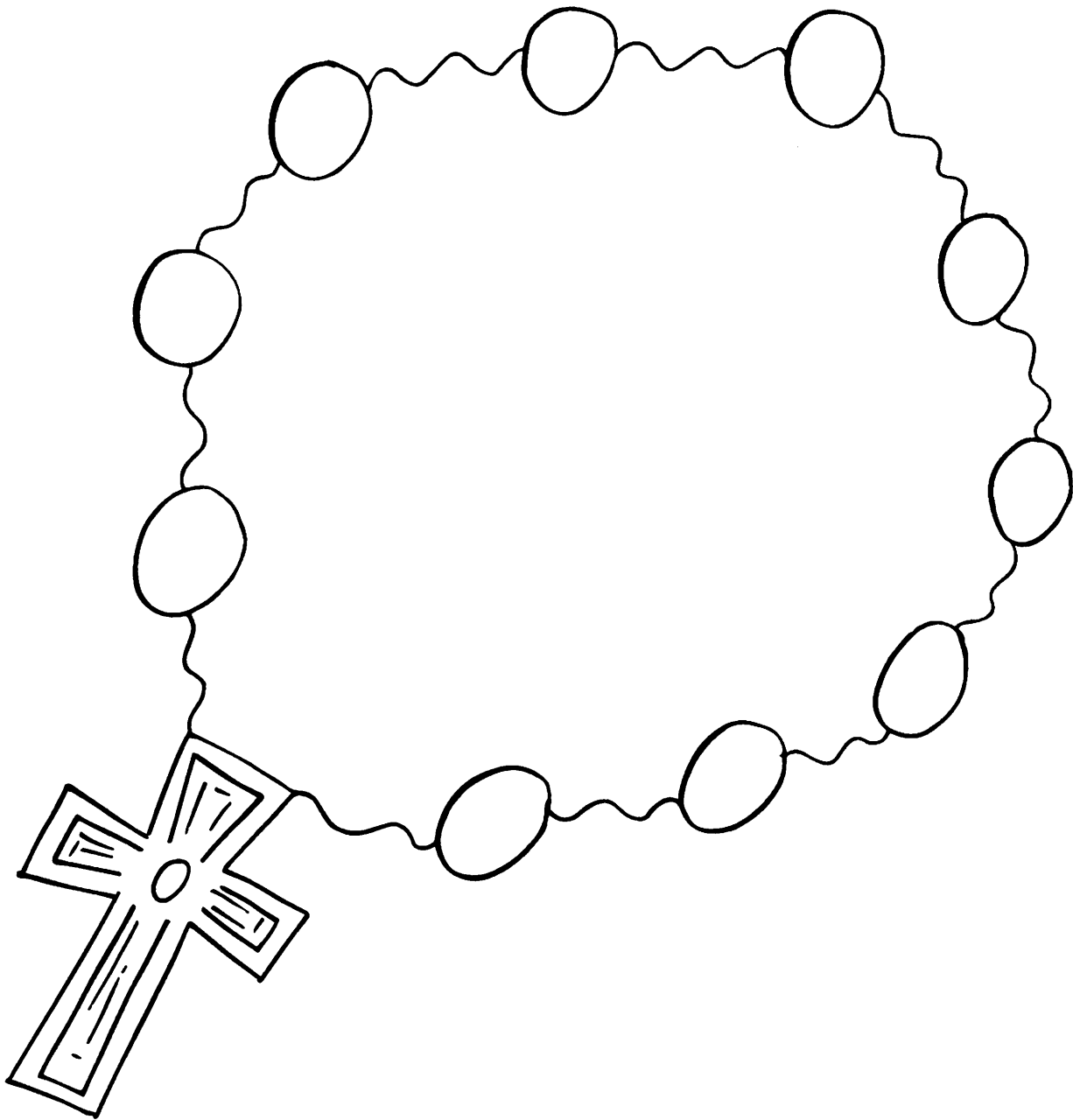
\*This list is based on current data. Brené is doing new research on emotional literacy right now so expect an updated list this year.



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# MY ROSARY

Color in each rosary bead as you say the prayer with your family.



## APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## OUR FATHER

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.

## HAIL MARY

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.

## GLORY BE

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.

## FATIMA PRAYER

O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those in most need of thy mercy.



## DIVINE MERCY CHAPLET

*This prayer was given to Saint Faustina in a vision of Jesus in 1935. It is typically said with the aid of rosary beads.*

1. Make the Sign of the Cross
2. Say the Our Father, Hail Mary, and Apostle's Creed
3. For each of the five sets of beads, on the large bead, say:  
**"Eternal Father, I offer you the body and blood, soul and divinity of your dearly beloved Son, our Lord Jesus Christ, in atonement for our sins and those of the whole world."**
4. On each of the ten smaller beads, say:  
**"For the sake of his sorrowful passion, have mercy on us and on the whole world."**
5. Conclude by saying, three times:  
**"Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world."**

## BIBLE STORIES

*These are ideas for possible Bible stories you can read together as a family. To help get the kids involved, print out a coloring page that corresponds to the Bible story or have them act it out as you read it or put on a play afterwards!*

**God's Creation:** Genesis 1-3

**Noah and the Ark:** Genesis 6-8

**Joshua and the Battle of Jericho:** Joshua 5-6

**David and Goliath:** 1 Samuel 17

**Daniel in the Lion's Den:** Daniel 6

**Jonah and the Whale:** Jonah 1-4

**Birth of Jesus:** Matthew 1, Luke 1-2

**Jesus Feeds 5,000:** Matthew 14:13-21, Mark 6:31-44, Luke 9:10-17, John 6:5-15

**Jesus Calms the Storm:** Matthew 8

**Teaching Nicodemus:** John 3

**The Lost Sheep:** Luke 15

**Walking on Water:** Matthew 14

## COLORING PAGES

*For many free coloring pages and other resources, visit:*

<https://ministry-to-children.com/bible-coloring-pages/>

<https://www.coloring.ws/christian.htm>

<http://www.thecatholickid.com/>

<http://www.catholicplayground.com/coloring-pages/>

# Litanies

## THE LITANY OF HUMILITY

O Jesus, meek and humble of heart,	<i>Hear me.</i>
From the desire of being esteemed,	<i>Deliver me, Jesus.</i>
From the desire of being loved,	<i>Deliver me, Jesus.</i>
From the desire of being extolled,	<i>Deliver me, Jesus.</i>
From the desire of being honored,	<i>Deliver me, Jesus.</i>
From the desire of being praised,	<i>Deliver me, Jesus.</i>
From the desire of being preferred to others,	<i>Deliver me, Jesus.</i>
From the desire of being consulted,	<i>Deliver me, Jesus.</i>
From the desire of being approved,	<i>Deliver me, Jesus.</i>
From the fear of being humiliated,	<i>Deliver me, Jesus.</i>
From the fear of being despised,	<i>Deliver me, Jesus.</i>
From the fear of suffering rebukes,	<i>Deliver me, Jesus.</i>
From the fear of being calumniated,	<i>Deliver me, Jesus.</i>
From the fear of being forgotten,	<i>Deliver me, Jesus.</i>
From the fear of being ridiculed,	<i>Deliver me, Jesus.</i>
From the fear of being wronged,	<i>Deliver me, Jesus.</i>
From the fear of being suspected,	<i>Deliver me, Jesus.</i>
That others may be loved more than I,	<i>Jesus, grant me the grace to desire it.</i>
That others may be esteemed more than I,	<i>Jesus, grant me the grace to desire it.</i>
That, in the opinion of the world, others may increase and I may decrease,	<i>Jesus, grant me the grace to desire it.</i>
That others may be chosen and I set aside,	<i>Jesus, grant me the grace to desire it.</i>
That others may be praised and I go unnoticed,	<i>Jesus, grant me the grace to desire it.</i>
That others may be preferred to me in everything,	<i>Jesus, grant me the grace to desire it.</i>
That others may become holier than I, provided that I may become as holy as I should,	<i>Jesus, grant me the grace to desire it.</i>

## THE LITANY OF TRUST

From the belief that I have to earn Your love,	<i>Deliver me, Jesus.</i>
From the fear that I am unlovable,	<i>Deliver me, Jesus.</i>
From the false security that I have what it takes,	<i>Deliver me, Jesus.</i>
From the fear that trusting You will leave me more destitute,	<i>Deliver me, Jesus.</i>
From all suspicion of Your words and promises,	<i>Deliver me, Jesus.</i>
From the rebellion against childlike dependency on You,	<i>Deliver me, Jesus.</i>
From refusals and reluctances in accepting Your will,	<i>Deliver me, Jesus.</i>
From anxiety about the future,	<i>Deliver me, Jesus.</i>
From resentment or excessive preoccupation with the past,	<i>Deliver me, Jesus.</i>
From restless self-seeking in the present moment,	<i>Deliver me, Jesus.</i>
From disbelief in Your love and presence,	<i>Deliver me, Jesus.</i>
From the fear of being asked to give more than I have,	<i>Deliver me, Jesus.</i>
From the belief that my life has no meaning or worth,	<i>Deliver me, Jesus.</i>
From the fear of what love demands,	<i>Deliver me, Jesus.</i>
From discouragement,	<i>Deliver me, Jesus.</i>
That You are continually holding me, sustaining me, loving me,	<i>Jesus, I trust in You.</i>
That Your love goes deeper than my sins and failings and transforms me,	<i>Jesus, I trust in You.</i>
That not knowing what tomorrow brings is an invitation to lean on You,	<i>Jesus, I trust in You.</i>
That You are with me in my suffering,	<i>Jesus, I trust in You.</i>
That my suffering, united to Your own, will bear fruit in this life and the next,	<i>Jesus, I trust in You.</i>
That You will not leave me orphan, that You are present in Your Church,	<i>Jesus, I trust in You.</i>
That Your plan is better than anything else,	<i>Jesus, I trust in You.</i>
That You always hear me and in Your goodness always respond to me,	<i>Jesus, I trust in You.</i>
That You give me the grace to accept forgiveness and to forgive others,	<i>Jesus, I trust in You.</i>
That You give me all the strength I need for what is asked,	<i>Jesus, I trust in You.</i>
That my life is a gift,	<i>Jesus, I trust in You.</i>
That You will teach me to trust You,	<i>Jesus, I trust in You.</i>
That You are my Lord and my God,	<i>Jesus, I trust in You.</i>
That I am Your beloved one,	<i>Jesus, I trust in You.</i>

## LEARN ABOUT A SAINT

Visit [teachingcatholickids.com](http://teachingcatholickids.com) to read about a new saint and find an activity!

Saint ideas: St. Josephine Bakhita, Our Lady of Guadalupe, Pope John Paul II, St. Isidore of Seville, St. Blaise, St. Francis of Assisi, St. Teresa of Calcutta, St. Maria Goretti, and many more!

## CREATING A SACRED SPACE

Especially in this time of coronavirus, quarantine, and having less access to prayerful spaces such as churches and chapels, consider creating a sacred space or prayer corner in your home. Creating a designated space for prayer, quiet, silence, and listening can help us to hear God's voice in our life more clearly and encourage prayer at home individually or as a family.

Here are some tips on how to create a prayer space within your home:

1. Assess your home and choose an area. When considering the best place within your home, think about where might be best for yourself or your family. Where would be best for entering into time of prayer? Do you want the space to be easily accessible for the family to see every day, or set apart to get privacy? Do you want natural light?
2. Place a chair, lounger, kneeler, or shelf/altar in your prayer space- something that will allow you to comfortably spend time there in prayer.
3. Consider placing a side table next to your kneeler or chair. Here you can leave items you frequently use during prayer- a journal, Bible, book, rosary, etc.
4. Surround yourself with any holy images, items, or statues you may have that can help make it a sacred space and enter into a prayerful atmosphere- rosaries, prayer cards, saint statues, holy water, icons, etc.
5. Add anything else you desire that can help set the space apart for prayer- candles, string lights, etc.
6. Pray in your sacred space daily!