



Come to the Table - Explore Four

Our homes and families are the “domestic church” where our young people learn the basics of their faith. Explore Four is meant to help your family explore parish life and faith practices to grow in your faith together.

The activities are meant to bring us together to live out our faith in community.

Explore Four connects us with the Four Pillars of our Catholic Faith: Creed, Sacraments, Christian Prayer, and Christian Living. Each family is expected to complete one activity from each of the four areas.

Pick four activities to participate in as a family, one from each of the pillars. Choose activities that fit your schedule, your interests, and your family’s needs. Take time to talk about how you see God through the experience together.

Complete the online reflection form available on the Harvest of Hope website or at <https://forms.gle/YZLPyysEw7uHCXn57>

Pillar 1: Creed - We Believe

We believe in both Scripture and Tradition, we see what it is the Church professes.

Suggested activities:

Read the Psalms together
Read one of the Gospels together
Take part in the Lenten Parish Mission
Build a Bible scene out of Legos
Watch a movie about a Bible story together
Do an activity on Magnificat or MagnifiKids:
<https://us.magnificat.net/home/magnifikid>
Do an activity on
<https://www.teachingcatholickids.com/>

Pillar 2: Sacrament - We Worship

Sacraments give us a sample of God's love and mercy.

Suggested activities:

Attend Mass together
Attend a reconciliation service as a family
Go to confession as a family
Attend Eucharistic Adoration together
Attend Holy Week services together
Volunteer to do Mass ministries together
Go to Chrism Mass at Cathedral on March 20
Corpus Christi procession on June 2

Pillar 3: Prayer - We Pray

Prayer and Christian Life are inseparable.

Suggested activities:

Pray the World Mission Rosary - Oct. 4
Vespers at St. Benedict’s - Nov. 2 & May 19
Taize Prayer at St. Benedict’s - Dec. 3 & Feb 25
Pray Rosary before Mass as a family
Pray the Rosary at home together
Attend Stations of the Cross as a family
Make a family prayer space
Make a prayer intention jar
Make a gratitude board
Go on a walk & thank God for His creation
Pray about what you see in the news

Pillar 4: Daily Living - We Live It

How we live what we believe

Suggested activities:

Buy a gift for the Giving Tree
Donate to the food shelf
Donate to Operation Rice Bowl
Write cards to residents at the nursing home
Write thank you cards to first responders
Kids Fighting Hunger - Jan. 17
Participate in a Community Clean Up