



FAITH AT HOME

Making Faith Come Alive for Your Family



Make the faith come alive for your family on Sundays by preparing all week.

- Pray an [Our Father](#) each evening.
- [Livestream Sunday Mass](#).
- Watch this [video](#) about the return to Mass in our Diocese.
- Check your parish bulletin for the return of the Sacrament of Confession. Watch what one Parish is doing [here](#).
- Celebrate Independence Day with this prayer for our Nation:



God our Father, giver of life, we entrust the United States of America to your loving care. You are the rock on which this nation was founded. You alone are the true source of our cherished rights to life, liberty and the pursuit of happiness. Reclaim this land for your glory and dwell among your people. We pray through the intercession of Mary Immaculate, our Patroness. Amen



14th Sunday of Ordinary Time
July 5, 2020

Mass Readings

- Zechariah 9: 9-10
- Psalm 145
- Romans 8: 9,11-13
- Matthew 11:25-30

Discuss: In this week's Gospel, Jesus says, "Come to me....and I will give you rest". **Do we allow ourselves to rest? If so, how do we find that rest?**

The readings of the day can be found on the [United States Catholic Conference of Bishops Website](#)



Tip of the Week

"For my yoke is easy, and my burden light." Mt 11:30

Jesus promises us that when we follow Him (discipleship), our burdens will be light; we can ultimately find true rest in His presence. As we journey through life, we are called to notice that it is **never too late** to accept Jesus' invitation to "Come to me." It is **never too late** to answer the call to experience true rest.

Try these tips to find the rest that we so deeply desire:

- Be available for rest on Sunday, the day Jesus Resurrected. Attend Mass in person or online; afterwards, try to make it a true day of rest by doing something together as a family, perhaps, connecting with those who don't have families, or having an old fashioned "Sunday dinner." [More summertime activities here](#).
- Read this blog from [Foryourmarriage.org](#). about keeping Sundays holy. Here's a video from a [Catholic Mom's Life](#).
- Explore nature; take a walk or bike ride and thank God for his creation.
- Take the time for daily reflection with this daily [three-minute retreat](#) by Loyola Press.
- Watch this video on [creation](#) for kids. Ask "What did God do on the seventh day?".
- Get to know Jesus through the Bible. Try the [Gospel of Mark](#) to begin.

Activities for Families

[Preschool English / Spanish](#)

[Grades K-1 English / Spanish](#)

[Grades 2-3 Spanish](#)

[Grades 4-6 English / Spanish](#)

[Grades 7-9 English / Spanish](#)

Gospel Weeklies provided by Pflaum

[Global Life Night – Life Teen gathering](#)

[Project YM Live Sundays @ 8 PM](#)

The Diocese of Trenton is here to support you and your family.

Links provided are from trusted Catholic sites. Additional information can be found on our webpage: dioceseoftrenton.org/faith-at-home.

