

DISCUSS YOUR FAMILY MISSION

1. What are some of your core values as a family?
2. Do these values align with Catholic teaching and embody virtue?
3. How does your purpose as a family encourage relationship with God, each other, and your community?

YOUR FAMILY MISSION STATEMENT

Draft a mission statement that incorporates your shared family values, virtues, and purpose (vocation).

LIVE OUT YOUR FAMILY MISSION

Create your own, or choose a suggested activity for each of the five sections on this page. Write the number of your chosen activity in the boxes provided. If you choose your own activity apart from the list, write that inside the appropriate box. Commit to completing each of these together as a family.

MOVE FORWARD

Discuss important issues facing our world today, and talk about your responsibilities as a family in light of these issues.

PRAY

Pray the rosary together as a family offering one of your chosen activities per decade.



GOD



FAMILY



CHURCH



COMMUNITY



WORLD

SUGGESTED ACTIVITIES

1. Pray before and after meals.
2. Talk about what you are thankful for.
3. Fast from earthly distractions (i.e. TV, computer, electronics).
4. Pray for your family members.
5. Help each other with household chores.
6. Simplify your life by giving away things you don't need.
7. Greet families before Mass.
8. Participate in parish-hosted family activities.
9. Continue to attend Mass as a family.
10. Bake cookies for your neighbors.
11. Visit a nursing home.
12. Donate books to a family shelter.
13. Pick up litter in your neighborhood.
14. Make a lemonade stand and donate the proceeds to a charity you choose together.
15. Create and send thank you cards to service men and women.
16. Volunteer at an animal shelter.
17. Plant a garden.
18. Help those who are in most need, here and around the world.
19. Support Catholic Relief Services and Catholic Charities USA.
20. Pray for the world.

Office for Social Concerns

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Marriage & Family Life Office

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