

# November

## The Mass: Thanking Jesus at the Table

Have you ever made the connection between the altar and your Thanksgiving table? At both tables, we gather together as family to enjoy a feast given to us by our Heavenly Father.

### PRAY

Try to offer a prayer of "thanksgiving" to God each morning, then again, before going to bed, giving thanks to God for all the events of the day.

Pray the Guardian Angel prayer before going to sleep.

Pray the rosary for a special intention this month. Submit your prayer intentions to our digital prayer jar here: <https://www.victoriadiocese.org/pray>

Create a litany of saints with important saints for your family. Try to include saints family members are named for, confirmation saints, and other important saints who have interceded for you.



### EAT

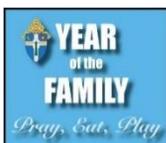
***"Bless us, O Lord! And these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen."***

Have one fun meal this month! Maybe that's breakfast for supper! Maybe it's dessert first! Maybe it's a picnic in the living room or outside. Get creative!

Consider donating food to someone in need.

Consider inviting someone to share a meal with you who may be eating alone.

***"We give you thanks, almighty God, for all your benefits, who lives and reigns for ever and ever. Amen. May the Lord grant us His peace. And life everlasting. Amen. "***



### PLAY

Dress up as your favorite saint and recreate a story from his or her life.

Watch a movie about a saint you admire.

Take a walk and thank God for each person who is on the walk, and ask God to bless those who were not able to join the family walk.

Invite your child to lead an activity together such as a board game, playing outside, drawing, or another activity!

## Want More?

Visit our website: [www.victoriadiocese.org](http://www.victoriadiocese.org)

Share pictures of activities using #DOVFamilies