



# March

Oct. 2020 –  
Sept. 2021

## Covenant: God Makes us family.

Beginning with Adam and Eve, God established covenants with mankind leading up to the new and everlasting covenant in Jesus. Our own homes should be filled with covenantal love, in which we give of ourselves daily to each other.

### PRAY

In silent prayer, reflect on God's promises.

Read a passage about God's covenants: Genesis 9:8-17; Hebrews 8:6-13.

Plan to receive the sacrament of reconciliation before Easter.

Ask your child(ren) (grandchildren, godchildren, nieces/nephews) to lead a prayer. Listen. Be intentional about praying for and with them.

Attend daily Mass as a family. If unable to attend daily Mass, read the daily readings together. [bible.usccb.org](http://bible.usccb.org)



### EAT

Remember to pray before AND after your meals!

No meat on Fridays!

Pick at least one meal each week to eat at home with your family around the table.

Prepare for Good Friday and discuss ways your family can fast together.

Gather ingredients from a favorite family meal and take them to your local food pantry. Don't forget to include the recipe!

### PLAY

Get outside! Fly a kite or go for a walk.

Plant a garden with your family. It can be as small or big as you like! Consider planting fruits, vegetables, or even flowers!

Be on the lookout for a rainbow this month! Remember that God keeps promises!

Send a card to someone. Who doesn't love mail?!

Make plans to take a drive and see some Texas wildflowers! Enjoy the beauty of God's creation in our diocese.

Listen to the DOV Family Podcast on any of the podcast apps or on DOV Family Evangelization YouTube page.

**Celebrate these saints on their feast days this month!**

**St. Patrick – March 17<sup>th</sup>**

**St. Joseph – March 19<sup>th</sup>**

**Want More?**

Visit our website:

<https://www.victoriadiocese.org/year-of-the-family>



Share pictures of activities using #DOVFamilies or email them to [lighthouse@victoriadiocese.org](mailto:lighthouse@victoriadiocese.org).