



**A Family of Believers: Called and Sent by Jesus**  
**Parish Intergenerational Faith Formation**  
**Ss. John & Paul Parish, Altoona, IA**  
**Kitchen Table Faith Playlist**  
**October 2020**  
**Return to our Roots**

**Summary:** We meet St. Paul, who shares his adventures in spreading the Good News of Jesus to different parts of the world. We look for clues and encouragement in his letters to the early Christians to inspire our households to function like early church households as we deal with the uncertainties and challenges of our time.

**Scripture Focus of the Month:**

**Introduction:**

Here is a concise article that introduces St. Paul and then goes on to discuss his writings. It includes a good explanation of which letters are considered to have been written by Paul, and which, although attributed to him, were written by his followers. This is a good read for staff, planning team, and catechists, to provide them with some background information about the focus of the month.

[https://www.smp.org/dynamicmedia/files/cc5fc271a9e0808e85cbcf347751724f/TX002297-1-content-Pauline\\_and\\_Deutero\\_Pauline\\_Letters.pdf](https://www.smp.org/dynamicmedia/files/cc5fc271a9e0808e85cbcf347751724f/TX002297-1-content-Pauline_and_Deutero_Pauline_Letters.pdf)

Additionally, we are linking a pdf of an issue of Scripture from Scratch to the page for adults. This also provides good background for this month for parish leadership.

Even though this is written as a lesson plan for a high school class, the following provides a basic, simple explanation of the structure of Paul's letters

<https://www.avemariapress.com/engagingfaith/st-pauls-writing-style>

**October Goals for the Month:**

- To continue to find connections between the experiences of the early Christian households and our households
- To appreciate the story of St. Paul, his travels, and his letters

- To discover wisdom and hope for our times in the epistles
- To live as disciples of Jesus in our disrupted world

## **Main Course**

### **Faith Formation LIVE:**

Paul's Conversion video:

Animated

<https://www.youtube.com/watch?v=rLZ67inPx-4>

### **Adult Faith Formation LIVE:**

Becky Eldredge, from Baton Rouge, LA, is our presenter this month. Her video, "You Are Not Alone" is just the message we need to hear in these difficult days.

### **Sunday Gospel Reflections:**

### **Parish Connection:**

What if St. Paul were to write a letter to us, the Christian community of Ss. John and Paul, in 2020? What would he say? Would he thank God for us? Why? How would he encourage us? What message about God's love and mercy might he give? And how would he close the letter?

The parish connection for this month is to take a look at a couple of Paul's letters and then to decide what message he would have for us today. Write a phrase or sentence (or more) that you think Paul would want to say to us, and email it to the parish. We will organize all of your contributions and draft a letter from St. Paul to our parish community. We will then share it with the parish.

Go to the Scripture Focus on the Side Dishes page to find out more about the structure of letters in Paul's times, and how Paul organized his letters to the Christian communities.

## **Side Dishes**

### **With Children:**

Bible Story: Conversion of Paul: Acts 9:1-30

Paul was originally named Saul and was a Pharisee who was committed to upholding Jewish law. He was determined to arrest any person who opposed Jewish laws. In the story Saul meets Jesus and his heart is changed. So changed that he changes his name to Paul promises to spread the good news to Jesus to all.

After reading the story in your Bible you can watch this video about Paul's Conversion. How would you feel to meet Jesus while traveling? What would you say to Jesus?

<https://www.youtube.com/watch?v=rLZ67inPx-4>

Paul's Letters:

Below are two resources to help you learn more about Paul and the work he did spreading the good news of Jesus to every where he traveled.

<https://biblepathwayadventures.com/activities/pauls-letters/>

<https://biblepathwayadventures.com/activities/paul-apostle-worksheet/>

Paul's life changed forever when he met Jesus. Before Paul met Jesus he was mean and did bad things. Read the Bible story of Saul's conversion and meeting of Jesus Acts 9:1-30

**Craft** : (use as idea) write directions.

<https://sundayschoolzone.com/activity/paul-learned-about-jesus-bible-craft/>

After you have read about Paul's Conversion think about what Paul might have looked like before he met Jesus (mean, sad, grumpy) and what he might have looked like after he met Jesus(happy, smiley, glad).

Supplies: 1 paper plate or circle

Colored pencils, crayons or markers,

On one side of your plate draw Saul with a mean,grumpy face. On the other side draw Paul with a happy, glad face. Can you think of times when you are sad or grumpy? What makes you feel like that? Can you think of times you are happy or smiley? What makes you feel like that? Do you feel happier when you talk to Jesus?

**Game:**

Paul taught all the people he met to follow Jesus. Play a game of follow the leader. Take turns being the leader and make funny movements to everyone to follow you. Maybe you can take a walk around the block and take turns being the leader.

**Jesus My Friend:** this month take your Jesus My Friend with you as you spread the good news of his love with others. Make a list of how you can be kind or do kind things to help others. This is one way we spread Jesus good news. Who can you send a note too? If you travel or go to visit someone take your Jesus My Friend with you and share a story about Jesus with them.

**October Journal Page** - done see file

A wonderful resource for busy families. This is a podcast made especially for children.

<https://catholicsprouts.com/catholic-sprouts-podcast/>

## **Teen/Confirmation Connection:**

### **Watch**

“Return to Our Roots for Teens” video with Janet

We return to the early Christian communities and learn of the challenges they had to care for their members. Just like today, solutions to quarrels and challenges can be found.

### **Confirmation Connection**

“Confirmation Connection” video with Janet

With the appointment of seven deacons to care for the hungry, the established Church began. They soon created a Creed, a statement of beliefs.

### **Read**

“Did God Cause Covid-19?” <https://lifeteen.com/blog/god-cause-covid-19/>

The effects of the Coronavirus have lasted longer than we expected, disrupted our lives, and possibly shaken our faith. This blog from LifeTeen helps us to understand where God is in all of this.

### **Watch**

A saint’s Story

Carlo Acusti, a soccer player, video gamer, and web designer was born in 1991, died when only 15 years old, and was beatified in 2020. He said, “*All are born originals, many die as photo copies.*” Watch the story of this young saint:

[https://www.youtube.com/watch?v=yC\\_oZIY\\_f5w](https://www.youtube.com/watch?v=yC_oZIY_f5w)

### **Read**

Every Sunday at Mass, we stand and profess our faith by saying “I believe...” The Creed is a statement that contains the central beliefs and doctrines of the Catholic faith. It truly is, in a sense, our Catholic “national anthem.” But just like the singing of our “Star Spangled Banner” can become just another song we sing without thinking much about what it means, the words of the Creed can become just another set of words we recite without realizing their depth, meaning, and power.

Do you really believe in what we profess about our faith? A “yes” or “no” answer really isn’t adequate. Believing is supposed to make a difference in how we live our lives. If you say you believe, is your life any different because of your belief?

These are important questions to ask as you move closer to celebrating the Sacrament of Confirmation. Take a critical look at what we believe as Catholics as stated in our Creed, and what difference, if any, our believing makes in how we live our lives.

Take a few minutes with each statement. Use the link below to find the Nicene Creed. Do some research if there is a statement you don't understand. Discuss with a parent or sponsor.

<https://lifeteen.com/blog/why-do-catholics-pray-the-creed>

## **Pray**

"Prayer Isn't Always Easy: Tips to Help Get You in the Habit of Praying!"

### 1. Mind

In order to pray, you have to decide to pray. Making the deliberate choice to pray puts your mind in a good place to be able to both talk and listen to God. Making the choice to pray at a specific time and place will allow you to prepare your mind and your heart ahead of time!

### 2. Time

Prayers can be quick or they can last for days. Like any good conversation, good prayer takes quality time. You want to be sure to leave time to listen for the voice of God. Choosing a set time to pray each day can also be helpful in making prayer a "good habit" in your life.

### 3. Place

You can talk to God anywhere, but having a good place to pray can help you focus quickly and put you in the right frame of mind to meet with God. Consider creating your own sacred space. This could be in your bedroom, in the woods, or even in your car. Choose a place that is free of distraction and that you can go to regularly.

### 4. Body

Figuring out what to do with your body during prayer can be very helpful. Using the body in prayer has been a part of our faith tradition since the beginning. Consider trying out one or more of these actions or postures in your prayer time: Sign of the Cross, bowing, sitting, kneeling, open hands – palms up, hands lifted in the air, dancing, laying prostrate (flat on the ground, face down).

### 5. What to Say

What do you talk about when you pray? Some find it helpful to use traditional prayers; others talk to God using their own words, and many people do both. Whatever you choose, remember that prayer is all about your relationship with God and others. Talk to God like you would talk to a friend. Don't do all the talking; make sure you take time to listen! Remember others in your prayer as well. Include the needs of your friends and family, your local community, and even the world.

### 6. Ritual

There are many ways to pray and over the millennia, people have developed rituals and forms for prayer. Consider prayers like the Rosary, Centering Prayer, Stations of the Cross, Prayer

with Icons, novenas, Ignatian Prayer, etc. Your church may even have prayer traditions of its own that you can learn and incorporate into your personal prayer time.

*Center for Ministry Development*

### **Families:**

We hear the term “domestic church” these days. For some, this may be a new idea, but it actually has deep roots in our tradition. This article helps us to understand.

“What is the house church?”

<https://uscatholic.org/articles/202008/what-is-a-house-church-in-the-epistles/>

This month, we continue our focus on the Acts of the Apostles and discover the story of St. Paul. These two videos help us in our exploration:

<https://bibleproject.com/videos/acts-ch-13-20/>

<https://bibleproject.com/videos/acts-ch-21-28/>

Here is a fun calendar to help you focus your family prayer:

<https://foam.samcart.com/products/prayerful-october>

### **Adults:**

#### **October Prayer Tool**

Our presenter for Adult Faith Formation LIVE, Becky Eldredge, finds the spiritual practice of the examen to be a very helpful tool for her own spiritual life and the faith life of her family. She teaches it to those who come to her for spiritual direction. Now you can learn about it from her too:

<https://soundcloud.com/beldredge98/guided-examen-with-becky-eldredge>

### **Pray**

Becky Eldredge offers us some excerpts from her work as a spiritual director, retreat leader, and speaker:

Spiritual Plan Document link from Oct FF folder

Excerpt from Inner Chapel with Becky Eldredge attach as well

Becky Eldridge:

<https://soundcloud.com/beldredge98>

Resources from Loyola Press:

<https://www.loyolapress.com/catholic-resources/ignatian-spirituality/becky-eldredge-additional-resources/>

## **Act**

As election day approaches, it is a moral imperative for Catholics to inform their consciences and exercise their right to vote. Last month, we featured the Faithful Citizenship material from the USCCB. Here is the guidance from our Iowa Bishops and the Iowa Catholic Conference.

Faithful Citizenship -- Guide for Iowa Voters

<https://www.dmdiocese.org/filesimages/iowa%20Catholic%20Conference/FAITHFUL%20CITIZENSHIP%202020%20final.pdf>

Faithful Citizenship Zoom presentation SJEC/ICC

<https://www.youtube.com/watch?v=FXF4Eh9rQMo&t=5s>

## **Explore**

As we continue to explore the New Testament, we find that St. Paul is a central figure in much of it. Stories of his life and ministry figure prominently in the Acts of the Apostles, and he wrote many of the epistles (letters) that follow. Here is a good article about his ministry and writings.

Scripture from Scratch: N0594 "Paul: Letters From a Traveling Theologian" - saved in October folder on Google

## **Grow**

We parents hear that we are the first catechists (teachers of faith) of our children. What does that even mean? Find here an excellent article that breaks this challenge down in simple, beautiful language.

<https://uscatholic.org/articles/202009/to-parent-catholic-you-dont-need-all-the-answers/>

## **Desserts**

### **Saint of the Month**

Carlo Acusti, a web designer born in 1991, only 15 years old, was beatified in 2020

[https://www.youtube.com/watch?v=yC\\_oZIY\\_f5w](https://www.youtube.com/watch?v=yC_oZIY_f5w)

In late May, on the anniversary of the publication of Laudato Si, his encyclical on the environment, Pope Francis announced a year of reflection on the document. There are several patron saints of the environment. Here is some information about them.

[https://www.smp.org/dynamicmedia/files/0d7f364dfbfd00e48fa5b728c756a217/Environmental\\_Saints\\_and\\_Models\\_Article.pdf?utm\\_source=SM&utm\\_medium=email&utm\\_campaign=PAR\\_IN\\_SPIRE\\_LG\\_0920\\_E3](https://www.smp.org/dynamicmedia/files/0d7f364dfbfd00e48fa5b728c756a217/Environmental_Saints_and_Models_Article.pdf?utm_source=SM&utm_medium=email&utm_campaign=PAR_IN_SPIRE_LG_0920_E3)

## **Our Catholic Traditions**

### **All Saints and All Souls Days**

On November 1, we celebrate the Feast of All Saints, and we mark All Souls Day on November 2. As we prepare for these celebrations, we also prepare for Halloween. The following resources help us to understand these holy days and their relationship to the traditions of Halloween.

### **Video**

“You Don’t Know Jack...About the Saints”

<https://bustedhalo.com/video/you-dont-know-jack-about-the-saints>

### **Blog**

“More Friends Than You Can Count: Why Catholics Pray with the Saints”

<https://lifeteen.com/blog/more-friends-than-you-can-count-praying-with-the-saints/>

### **Article**

“Top Ten Movies about Saints”

<https://www.loyolapress.com/catholic-resources/prayer/arts-and-faith/film/saints-on-the-screen-by-james-martin-sj/>

### **Blog**

“Catholic Answers to Your Halloween Questions”

<http://tparentlife.com/catholicswerstoyourhalloweenquestions/>

## **Liturgical Year Connection**

### **The Rosary**

#### **Article**

“Praying the Rosary”

This article on the website of Loyola Press not only describes how to pray the rosary, but also has the words (for some, the sign language) to say the individual prayers.



<https://www.loyolapress.com/catholic-resources/scripture-and-tradition/devotions/praying-the-rosary/>

## **Video**

This short video in the “Popup Catechesis” series explains why and how the Rosary is important.

[https://catechistsjourney.loyolapress.com/2020/10/pop-up-catechesis-our-lady-of-the-rosary/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+loyolapress%2Fcj+%28Catechist%27s+Journey%29](https://catechistsjourney.loyolapress.com/2020/10/pop-up-catechesis-our-lady-of-the-rosary/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+loyolapress%2Fcj+%28Catechist%27s+Journey%29)

## **Rosary Apps**

### For iPhone

Laudete (many kinds of prayer, including the Rosary)

Holy Rosary -- AMDG

Rosary Pro

### For Android

Laudete (many kinds of prayer, including the Rosary)

Catholic Rosary Quick Guide

Family Rosary's Mobile Rosary

## **For Fun**

### **Recipe**

#### **Holy Gorp**

When we read the Acts of the Apostles and Paul's letters, we see that Paul spent a lot of time traveling -- on foot and by boat. That must have made him hungry! Mix up a snack mix for your household to munch on as you read, watch the videos, and talk about Paul's travels. These ingredients are foods that Paul might have eaten.

#### **Ingredients:**

**Nuts and dried fruit** -- were staples in the Middle East during early Christian times, and still are today

**Goldfish crackers** -- people in the Middle East still eat a lot of fish, but who has ever put real fish in a snack mix?? Ewww...

**Mini pretzel twists** -- OK, so pretzels came after Paul's time, but the twisted ones symbolize arms crossed in prayer, and we know that Paul prayed a lot

## **Movie**

## “Coco”

The movie, *Coco*, is a wonderful family movie, perfect for this time of year. The story revolves around the customs of families in Mexico who celebrate El Dia De Los Muertos, which is celebrated from October 31 through November 2. This cultural celebration of ancestors is closely related to the Catholic celebrations of All Saints and All Souls Day. The movie is a delightful way to introduce children to the customs surrounding honoring our ancestors who have gone before, both those we are related to and our ancestors in faith.

After watching the movie, here are a couple of activities that your household can do to honor your ancestors.

Make an “Ancestors in Faith” Display. Create a display for your home of mementos of significant religious events in your ancestor’s history. (Current mementos could be included too.) Framed pictures of some of these events would also add a nice touch. Examples include: a godparent’s rosary, Grandpa’s Bible, Grandma’s wedding veil, (or a picture of the wedding day), baptismal certificates, a great-aunt’s prayer book, etc. Place the items on a table in a room where family gathers regularly. (This could also be done in conjunction with the Memory Box activity or Psalm in Times of Grief below). *Connect to All Soul’s Day (November 2)*. Center for Ministry Development

Create a Family Memory Box. Gather photos of relatives and friends who have died. (Go through old family albums and/or ask relatives if they can scan some of the photos they might have.) Purchase a nice photograph box (wooden or cardboard), label the photos with the names of the people pictured and the date or event (as best they can). Place the box in on a home altar or in an honored place. On All Soul’s Day, gather the family around a table, take the photos out one by one, and tell stories about the person(s) pictured. Allow the youth and other children to tell stories too if they knew the person. After each set of stories, light a candle for that person. (This could also be done in conjunction with the “Ancestors in Faith” display idea above or along with the Psalm in Times or Loss or Grief below.) *Connect to All Soul’s Day (November 2)*. Center for Ministry Development

## **Faith in Action**

We challenge our families to donate cleaning supplies for our local Catholic Charities. We will designate a weekend for them to bring their donations to the parish, and then we will get them to the agency.