FaithatHome

Tools for Your Household's Continued Growth in Faith

Christ is risen! He is risen indeed!

Happy Easter! As we celebrate the 50 days of Easter, we reflect on the central event of our faith - the life, death, and resurrection of Jesus. So important is the Easter mystery, that from the earliest centuries, Christians have called every first day of the week — every Sunday — a little Easter. How fitting that we continue our exploration of the Mass at Encounter.

Here is a prayer for Earth Day.

Prepare for Mass by discussing the readings together!

April 8 is St. St. Julie Billieart's feast day. Discover her here!

C CHILDREN

Check out these Easter season resources from the Diocese of DSM and the SJEC!

T TEENS

Watch this short video for answers to tough questions about the Eucharist.

A ADULTS

A writer shares her thoughts about participating in Mass in a different language.

FOR HOUSEHOLDS WITH CHILDREN

Try this fun activity with your small children to foster more conversation about the Easter story during the 50 days of the Easter season.

Reinforce the story of the resurrection by making these "empty tomb rolls" together!

Do you ever ask your kids what happened at school, only to be met with the answer, "nothing?" Try some of these helpful questions for after school to elicit a more informative response.

As we approach Earth Day on April 22, here is a great resource for parents of kids and teens to talk about care for creation and plan some activities as a family.

Access this newsletter on the St. Catherine's website. On the Faith Formation/ Encounter page, scroll down to "Mark you Calendar" to find each month's newsletter.

FOR HOUSEHOLDS WITH TEENS

April 22 is Earth Day, which gives us wonderful opportunity to reflect on God's call to us be stewards of creation – to care for our common home. Watch this short video with your teen, and use the discussion guide below it to discuss how your household can care for the earth.

Social media can be a blessing and a struggle for teens and for their parents. Here is some helpful guidance from a Catholic parent.

Looking ahead to the 2025 Jubilee Year with the theme of hope, Pope Francis has a message of hope for teens.

ADULT GROWTH IN FAITH

No matter our stage in life (single, married, student, parenting, empty-nester, retiree, etc.) we attend to our growth in faith and live more deeply into our baptismal call.

Use this three-minute online retreat to reflect on the resurrection as we continue to celebrate Easter.

As we journey through the Easter season, it is helpful to hear how others experience this central mystery of our faith. Ponder this piece in which the write shares how becoming a mom has changed her experience of Easter.

There are many ways to pray. Explore this reflection and video by author Vinita Hampton Wright, in which she explains how she uses coloring as a way to pray. There are many free coloring pages for adults available online if you wish to try this as a prayer practice.

Our focus at Encounter this year has been the Mass, in this year of Eucharistic Revival. The US Bishops offer this reflection on "Liturgy and Life" for our consideration.

The official website for the Eucharistic Revival can be found here.

ST. CATHERINE OF SIENA Catholic Parish and Student Center
1150 28th St., Des Moines, IA 50311
Laura Catherine Carruthers-Green, Coordinator of Faith Formation: lauracatherine.green@gmail.com