FaithatHome

Tools for Your Household's Continued Growth in Faith

THE SAINT FRANCIS PLEDGE

I/We Pledge to:

- *PRAY and reflect on the duty to care for God's Creation and protect the poor and vulnerable.*
- *LEARN about and educate others on the causes and moral dimensions of climate change.*
- *ASSESS how we - as individuals and in our families, parishes and other affiliations - contribute to climate change by our own energy use, consumption, waste, etc.*
- *ACT to change our choices and behaviors to reduce the ways we contribute to climate change.*
- *ADVOCATE for Catholic principles and priorities in climate change discussions and decisions, especially as they impact those who are poor and vulnerable.*

Catholic Climate Covenant

Find reflections and prayers for Holy Week.

Prepare for Mass by discussing the readings together!

St. Anselm's feast is on April 21.

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

FOR HOUSEHOLDS WITH CHILDREN

Watch this simple, animated video together to help your children understand the message of Pope Francis in *Lautdato Si*. Discuss ways your household can can show care for our planet.

This video from PBS offers suggestions for how children can make a difference in the fight against climate change. (The reference to a pending lawsuit is dated, but the rest of the information is still useful.)

Palm Sunday marks the beginning of Holy Week on April 13. What do you do with the blessed palms you bring home from Mass that day? This video explains how to fold the palms into crosses!

Hot cross buns are a traditional Easter food you can make together using this recipe. You can also use frozen dinner roll dough as a shortcut. Here is a little history of the tradition.

Prepare for Holy Week with this beautiful resource from the Diocese of Des Moines. Plan as a household how you will enter into this most sacred week of our liturgical year.

FOR HOUSEHOLDS WITH TEENS

With your teen, watch this series of one-minute videos about how young people around the world are living out the themes of Catholic Social Teaching. Discuss the questions at the end of each clip. The video is from CAFOD (Catholic Agency for Overseas Development), which is the United Kingdom's version of what we know as Catholic Relief Services (CRS) in the United States.

As you plan for your family's observance of Holy Week, watch "Holy Week in 3 Minutes" with your teen to prepare.

As prom season approaches, consider the wisdom offered in these Proverbs.

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.

At our April Encounter gathering, we continued our consideration of Catholic Social Teaching by exploring the theme of Care for Creation. Use this wonderful resource to dive more deeply into Pope Francis' encyclical *Laudato Si* as you continue to ponder your role in caring for our common home.

Explore another booklet, from the USCCB, that offers ideas for prayer and action related to climate change.

Learn more about the history and mission of Catholic Relief Services as Lent winds down. Don't forget to send in your Rice Bowl donations!

Consider the disproportionate impact climate change has on developing nations and what can be done to build resilience in those parts of the world.

This article offers some great ideas for observing Holy Week, which begins April 13.

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