



April 2020 – The Ten Commandments, Sin, Satan and the Sacrament of Confession

Formation and Fun is a simple, fun form of home-based catechesis for all ages. **Menus of Suggestions** are provided every month which relate to the month's theme. Pick and choose activities from the menus that sound interesting and doable for you. Parents and grandparents have critical roles in the formation of their children and grandchildren, so the suggestions are tailored for families to do together. There is something for everyone to learn from and have fun!

So make your selections from the Menu of Suggestions below, and have fun being formed in the awesomeness of our Catholic faith!

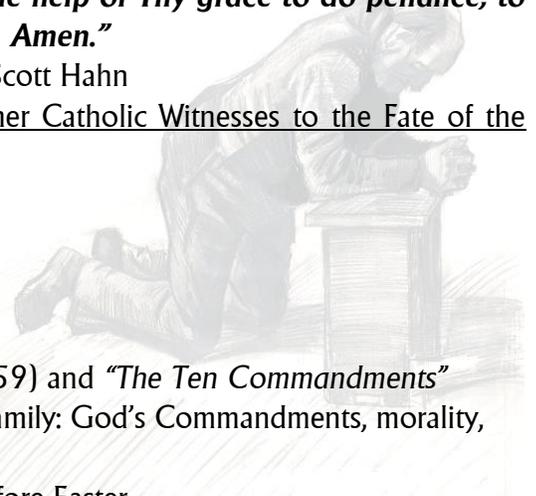
Menu of Suggestions:

For All Parishioners:

1. Read the section of the Catechism of the Catholic Church on “The Ten Commandments” (CCC 2052 – 2557), do a thorough examination of conscience, and then go to Confession at least once before Easter.
2. Pray at least one decade of the Rosary every day, with one of your intentions being to ask God to increase in you awareness of sin and the price Christ paid for our redemption.
3. Learn & pray the Act of Contrition:
“Oh my God, I am heartily sorry for having offended Thee and I detest all my sins because of Thy just punishment. But most of all, because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to do penance, to sin no more, and to avoid the near occasions of sin. Amen.”
4. Read: Lord, Have Mercy: The Healing Power of Confession by Scott Hahn
5. Older Teens & Adults: Read: Saints Who Saw Hell: And Other Catholic Witnesses to the Fate of the Damned, by Paul Thigpen, © 2019, TAN Books

For Families with Children in the Home:

1. Have two “Family Movie Nights” in April, watch: “Ben Hur” (1959) and “The Ten Commandments” (1956), both starring Charlton Heston. Discuss afterward as a family: God’s Commandments, morality, sin, repentance, and our call to daily conversion.
2. Ensure you and your children go to Confession at least once before Easter.
3. Starting on Good Friday, pray the Divine Mercy Novena with your children. Prepare ahead by printing a copy of a Divine Mercy Printable Novena at: https://mycatholickids.com/wp-content/uploads/Divine_Mercy_Childrens_Novena.pdf and having your children color / fill in their prayer intentions.



4. Read aloud to your children:
 - a. Preschool & elementary school: Divine Mercy for Little Ones by Kimberly Fries and Walter the Baker by Eric Carle
 - b. Elementary and Middle school: St. Louis de Montfort: The Story of Our Lady's Slave by Mary Fabyan Windeatt.
 - c. High Schoolers: Introduction to the Devout Life by St. Francis de Sales

For Grandparents:

1. Purchase a copy of Brother Giovanni's Little Reward: How the Pretzel Was Born by Anna E. Smucker and read it to your grandchildren during Lent.
2. Learn the children's Catholic "Ten Commandments Song" by going to https://www.youtube.com/watch?v=E3m_zZe3LbM (10 Commandment song is three minutes into video) and teach it to / sing it with your grandchildren.
3. Purchase a plaque, poster, framed picture, or holy card with the Catholic Ten Commandments on it, and give it to your grandchildren as an Easter gift.
4. Pray a rosary each week for your grandchildren, with one of the intentions being to ask God to help your grandchildren follow all of His commands throughout their lives.
5. Download and print a free printable Last Supper coloring page, color it together with your grandchildren, date and have everyone sign it, and then frame and hang it in your kitchen. (Google: "free printable last supper coloring pages for kids.")

Focus on Mary: Obtain a copy of "Mary's Way of the Cross" and pray it during Holy Week. (If pressed for time, try just one or two stations a day.) You can download and print a copy at: http://littlesistersofthepoor.org/wp-content/uploads/2018/02/Mary_Way_of_the_Cross_e.pdf

Focus on Prayer:

Learn the Jesus Prayer and pray it often: "Lord Jesus Christ, Son of God, have mercy on me a sinner."

Focus on Scripture: Contemplate this bible verse this month:

"When God, in the beginning, created man, He made him subject to his own free choice. If you choose, you can keep the commandments; it is loyalty to do His will. There are set before you fire and water; to whichever you choose, stretch forth your hand. Before man are life and death, whichever he chooses shall be given him." --Sirach 15: 14 – 17

Focus on Sacred Music: On Easter morning, listen to Handel's Hallelujah Chorus:

<https://www.youtube.com/watch?v=usfiAsWR4qU>