

Seeing with the eyes of God activity line...

Week of July 5

Theme	God's Invitation—Come to me. What are the SIGNS along the way that remind us we are invited? God shares our burdens "Take my Yoke upon you." This makes our journey easier. What can we learn from Christ this week? It is the Spirit who animates and makes us alive
Scripture	Zechariah 9:9-10; Psalm 145; Romans 8:9,11-13; Matthew 11:25-30
Science	Try this science experiment to demonstrate sending your burdens up to the heavens! <u>Fiery Tea Bag Experiment</u>
Arts/Craft	Create a <u>Family Prayer Box</u> Decorate a shoe box or other box using construction paper, foam pieces, stickers, etc. Each day have the members of your family write a prayer intention or how they felt Christ in their life that day. Fold up papers and put in the box. Use prayer box each week and include prayer intentions or a reflection based on the weekly scripture verse. OR Make an Origami Message Maker (<i>PLEASE SEE THE HANDOUT ON OUR WEBSITE</i>)
Music	<u>Come Follow Me</u> <u>What a Mighty God we Serve</u> <u>ELEPHANT</u>
Game	Play the HEAVY RELAY: Begin with two identical backpacks for participants to carry on their backs in a relay race. Set two cones or "bases" at an equal distance apart and begin. Add another item to the bag at each turn around the cones and see which participant can make it to the finish line first with a full backpack!
Snack	Barbell SNACK WRAP: Make a bar bell snack with pretzel sticks, cheese and grapes. The pretzel sticks serve as the bar and the cheese cubes and grapes are the weights! OR Pop some light airy popcorn to represent your attitude when you hand your burdens over to God! For even more fun, create a popcorn bar with special mix-ins like cheese powder, nuts, chocolate candies or candy corn
Service	Does your parish collect toiletries, food or clothing for an organization? If not, do you know of a charity close to you

	<p>that is seeking supplies? Consider donating this week; there is much need right now.</p> <p>VISIT YOUR LOCAL CEMETARY TO DECORATE THE GRAVES OF LOCAL HEROES WHO IN WHATEVER TIME OR SEASON, OR FOR WHATEVER REASON TOOK UPON THEMSELVES OUR BURDENS TO PROTECT US.</p>
Prayer	<p>Pray this Prayer to the Holy Spirit written by St. Pope John Paul II:</p> <p><u>Holy Spirit and Seat of Wisdom</u></p>
Reflecting in the Hammock	<p>This has been a tough year for most of us so far. Collectively, the human race is currently carrying many burdens...some more than others. Spend some time focusing on your burdens and your blessings. Jesus invites you to follow Him; the journey of a disciple is not always easy, but the lasting benefits are unbeatable. Allow yourself to feel a sense of relief by handing over some of your burdens to God in prayer this week.</p>