

# Year of the Eucharist st

Ways to Celebrate the Year of the Eucharist Every Day!

## Family Fun Friday

**Directions:** On Fridays throughout the Year of the Eucharist, do something fun together - something that builds relationship within your family: watch a movie together or make a meal together, etc. Check out the links below or use the family prayer guide below.

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### Activity Ideas Online:

- Family, Faith and Fun from Loyola Press:  
<https://www.loyolapress.com/catholic-resources/family/family-faith-and-fun/>
- Nine Activities for Family Night from TeachingCatholicKids:  
<https://teachingcatholickids.com/9-activities-for-family-night/>

# 5 Simple ways to Pray as a Family

## 1. Pray at Meal Time

2. Make a Prayer Wall using post-it notes. Write names of family, friends, etc. that you will pray for on the post-it notes.

3. Take a walk and thank God for all of the things that God has created

## 4. Say Sorry to Each Other

5. Make a Gratitude Jar, filling it with pieces of paper that have things you are grateful for written on them