

Year of the Eucharist st

Ways to Celebrate the Year of the Eucharist Every Day!

Sharing Faith

Sunday

Directions: On Sundays throughout the Year of the Eucharist, share your faith! Browse the websites posted below for ideas and ways to share faith with others. Each morning, begin and end the day with a prayer, or make it a habit to talk about something you are grateful to God for. Read about the Saint of the Day and look to him or her as a model of faith.

Activity Ideas Online:

- Keys to Sharing Faith from USCCB

<http://www.usccb.org/beliefs-and-teachings/how-we-teach/catechesis/catechetical-sunday/living-disciples/taking-the-first-step-keys-to-sharing-faith-person-to-person.cfm>

- Resources from Loyola Press: Family, Faith and Fun

<https://www.loyolapress.com/catholic-resources/family/family-faith-and-fun/>

A Simple Prayer:

(Pope Francis' Five Finger Prayer)

Begin with your thumb: Pray for your family and your friends.

Pointer Finger: Pray for all of those people in your life who have been teachers and examples of faith for you.

Middle Finger: Pray for all leaders (in the Church, in our communities, in our country, in the world).

Ring Finger: Pray for those who are sick, who are poor, and those who are marginalized.

Pinkie Finger: Pray for yourself and your own needs.

