

# TRIDIOCESAN ONLINE FAMILY CONFERENCE PACKAGE 2020

*“Our Children:  
Embracing God’s  
Gift of Love  
– A Gift within our  
Church, Village  
& Family”*



## TABLE OF CONTENTS

**Page 2-5:** Kevin Dunn’s Conference Activities & Family Discussion Questions

**Page 6:** Conquest & Challenge Catholic Ministries

**Page 7-8:** Online Family Resources

**Page 9-10:** Family Prayer Resources

**Page 11:** Conference Survey

## WELCOME!!

- ◆ We hope the materials within this package enrich your experience of the online conference with your family.
- ◆ Included are many family resources, activities & crafts. Find bonus family conference discussion questions & activities from Kevin Dunn. Also, included is a family prayer prayed with Archbishop Gagnon at the conference!

~May God bless you & your family~



# Activity after Kevin Dunn's talk 1: "Children: The Ultimate Gift" -Kevin Dunn

## Writing in the Air

Stand up and try to write the word "STORY" backwards in the air. If you can't write it, print it. (Like you would on a steamy window so that someone on the other side could see the word normally.)

Kind of difficult right?!

If it's safe to do so, ask someone in your house to stand in front of you and guide your hand as you write the word "story" backwards again. Of course, they will find it easy, because they are writing it normally!

***Lesson: When we ask God to help us write our story, it might not always be easy. It might even seem backwards! But He is always there to guide our hearts and hands. He sees the big picture !***

### Family Questions:

1. Kevin talked about his New Year's Eve family tradition. What traditions are unique to your family -or have been passed down from grandparents?
2. Parents, can you share a time when your child has made you laugh, cry or shared some unexpected wisdom? Grandparents can do the same thing for their children or grandchildren.
3. As a family, discuss the unique gifts, the special qualities that make each other unique. Besides 'talents' like sports or music, think about other traits like 'the gift of being a good listener' or 'being a good hugger' or 'telling silly jokes that make us smile.'



**Activity after Kevin Dunn's talk 2:**  
"Children: Gifts to the Church & Village" -Kevin Dunn

**Baptismal Memories**

Take a few minutes to discuss with your children the day of their Baptism (and Chrismation, Eastern Rite Catholics) or First Communion. How excited you and the godparents were; special moments like when the priest poured the water on baby's head (maybe they cried) and the celebration afterwards. Tell them about your feelings the day your child became members of God's Holy Family or when they received Jesus in the Eucharist for the first time.

***Lesson: Most of us can't remember our Baptism Day. Hearing parents or others share their joy in the Sacrament can ground us in our faith even further.***

**Family Questions:**

1. List the ways your family is a gift to your local parish. In what ways are you involved? If you can't think of very many, discuss new ways you can get involved. There are so many ministries in every parish that could use your help. And if you can't think of any... make it a point to call your pastor and ask him!
2. Are there ways you can assist your priest in making your church more family friendly? What are some steps you can take?
3. There are all sorts of ways we can be 'good Samaritans' to the village. What practical advice can you give to other families today?



## Activity after Kevin Dunn's talk 3:

“Prophets of Hope in a Physically Distanced World”-Kevin Dunn

### Communicating through Silence

Pick one person in your family and sit or stand across from them. Instead of speaking to them, simply look into their eyes. In your mind, think of all the ways they bring joy into your life. After one minute, give them a big hug. Share with them one thing you admire about them.

***Lesson: Most people think we have to talk to communicate. Not always! Some of the best conversations are born of simple 'presence'. The touch of a hand, a kiss on the forehead, the sharing of a glance and a smile can speak louder than words.***

### Family Questions:

1. What can we do as a family to become more present to each other, especially during these times of isolation?
2. Make a list of family and friends that you haven't reached out to in a while. These days when we are being asked to stay at home are perfect opportunities to reach out. Plan a Skype or Zoom call - or just a good old fashioned phone conversation. Think about things you can 'do' on the call to make it more meaningful to the other person. A song, a game or better yet -pray together! And remember, presence is key!
3. Discuss a good place in your home where you could set up a family prayer area (prayer corner). If you already have one, how can you make it more meaningful during these times. It doesn't have to be elaborate - maybe a crucifix, The Holy Bible, a blessed candle, some icons or pictures of Jesus and some Rosaries. Perhaps the children can decorate it with pictures of Jesus, Mary, Joseph or a favourite saint.



## A Final Note from Kevin Dunn:

### Families are Encouraged to Watch Mass Online

Many churches - perhaps your church - offers Mass (Liturgy) online. As families, we are encouraged to participate in this way, even though we can't be there physically. Many families are setting up chairs in front of the TV or computer - like a pew. Get dressed up like you normally would for Sunday Mass! It's important to remember that even though we can't be there in person, we are still united in prayer with the Communion of Saints at each and every Mass.

At Communion time, even though we can't receive our Lord in the physical Host, we CAN receive Him Spiritually. Families can pray this prayer together:

#### “An Act of Spiritual Communion Prayer”

My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

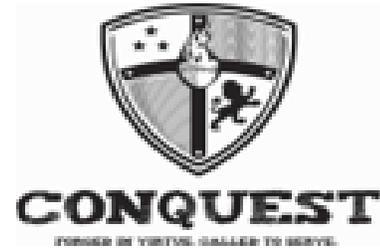
Never permit me to be separated from You.

*Amen*



ARCHDIOCESE OF  
WINNIPEG





## CHALLENGE & CONQUEST CATHOLIC YOUTH MINISTRY

*“Accompanying young people requires going beyond a preconceived framework, encountering young people where they are, adapting to their times and pace of life and taking them seriously. This has to be done as young people seek to make sense of the reality in which they live and to utilize the message which they have received in words and deeds in their daily attempts to create a personal history and in the more-or-less conscious search for meaning in their lives.”*

Preparatory document from the Vatican for the Synod on Young People, the Faith and Vocational Development

Challenge Girls Club and Conquest Boys Club are youth ministry programs, that have proven to be successful in forming young people to grow deeper in their faith. In Winnipeg, we work with youth from 8 years of age to High School students. These programs provide an opportunity for girls and boys to grow in their knowledge and love for their Catholic faith, so as to know and love:

CHRIST with real friendship the CHURCH & POPE with loyalty

MARY as a son or daughter All PERSONS with charity & respect

There is a structured, flexible curriculum, with themes following the Church seasons: Ordinary time, Advent, Lent & Easter and include service projects that are built into the curriculum. These projects involve weekly preparation and then carrying out the service as a group. Some projects have been singing at Senior's residences, gathering needed items for pregnancy shelters and hosting the annual Priest Appreciation Dinner, to mention a few.

Challenge and Conquest are designed to be team based, and teen led. This enhances the opportunity for small group mentoring & peer ministry. Adult leaders work with the youth leaders to form and mentor them.

Challenge Girls Club has been meeting since the early 2000's, while Conquest Boys Club has been meeting for the past 6 years. Both groups usually meet Tuesday evenings at St. John Brebeuf School; however, not at this time, due to the Pandemic situation. God willing, we will begin again in the fall.

Contact: Corina Ruus

Email: [challengemanitoba@gmail.com](mailto:challengemanitoba@gmail.com)

Website: [Challengeyouthministry.com](http://Challengeyouthministry.com)

David Hood

[dshood1983@gmail.com](mailto:dshood1983@gmail.com)

[Conquestyouthministry.com](http://Conquestyouthministry.com)

GOD BLESS YOU ALL

## Online Family Resources:

### **“The Domestic Church: A Place of Prayer and Blessing. Food for Thought in a Time of Pandemic”**

*“As we are confronted with the reality of our churches being closed to the general public, we have been given a unique opportunity to build up and strengthen our Christian home as domestic church.”* Fr. Andrij Onuferko



Check out the website: 

<https://www.royaldoors.net/2020/03/the-domestic-church-a-place-of-prayer-and-blessing-food-for-thought-in-a-time-of-pandemic/>

### **“What 3 words best describe your family?”**

*“If each of you could pick three positive words that would best describe our family, which words would you pick?”*



Check out the website:



<https://catchat.ca/blog/what-words-best-describe-your-family#kmt-275>

# Online Family Resources

## **“We are the Church Craft”**

*“Highlighting the Four Marks of the Church found at the end of the Nicene Creed, this craft is a vehicle for discussing how the Church is one, holy, Catholic, and apostolic. The Church is not a building, but is the people. We are the Church, and we make up the Body of Christ.”*



Check out the website:



<https://www.looktohimandberadiant.com/2012/08/we-are-church-craft.html>

## **“The 5 Love Languages” of Children**

*“Different kids crave different kinds of attention and affection. We’ll help you figure out which mean the most to your child so she can feel truly adored.”* Gail Cornwall

Check out the website: **Parents**

<https://www.parents.com/parenting/better-parenting/advice/love-languages-of-children/>



## **“Love Language” Quiz for Children**

Discover your children and teen’s “love language”



<https://www.5lovelanguages.com/profile/?child#discovery-child>

# Family Prayer Resources:

## **“The Power of Praying for your Children”**

Learn how to pray for your children using 5 key points. “If other experiences in life have not humbled us and shown us how dependent we are on God, then parenting a pre-adolescent or teenager will.” Dennis and Barbara Rainey



Check out the website:



<https://www.familylife.com/articles/topics/parenting/essentials/praying-for-your-children/the-power-of-praying-for-your-children/>

## Family Prayer with Archbishop Gagnon

Click image to enlarge



*Family Prayer*

God made us a family.  
We need one another.  
We love one another.  
We forgive one another.  
We work together.  
We play together.  
Together we learn God's Word.  
Together we grow in Christ.  
Together we love all people.  
Together we serve our God.  
Together we hope for Heaven.  
These are our hopes.  
Help us obtain them, Father, through  
Jesus your Son, Our Lord.  
Amen.



\*Author unknown

# Prayer to Our Lady of Guadalupe for Protection from the Coronavirus



CATHOLIC DIOCESE OF ST. PETERSBURG  
COURAGEOUSLY *Living the Gospel*

<https://www.dosp.org/coronavirus/prayer-resources/prayer-to-our-lady-of-guadalupe-for-the-protection-from-coronavirus/>

## Prayer to Our Lady of Guadalupe for the Protection from Coronavirus

*Holy Virgin of Guadalupe, Queen of the Angels and Mother of the Americas.*

*We fly to you today as your beloved children.*

*We ask you to intercede for us with your Son, as you did at the wedding in Cana.*

*Pray for us, loving Mother,  
and gain for our nation and world,  
and for all our families and loved ones,  
the protection of your holy angels,  
that we may be spared the worst of this illness.*

*For those already afflicted,  
we ask you to obtain the grace of healing and deliverance.  
Hear the cries of those who are vulnerable and fearful,  
wipe away their tears and help them to trust.*

*In this time of trial and testing,  
teach all of us in the Church to love one another and to be patient and kind.  
Help us to bring the peace of Jesus to our land and to our hearts.*

*We come to you with confidence,  
knowing that you truly are our compassionate mother,  
health of the sick and cause of our joy.*

*Shelter us under the mantle of your protection,  
keep us in the embrace of your arms,  
help us always to know the love of your Son, Jesus. Amen.*

# Conference Survey

We would love to hear what you think of our first ever Online Catholic Family Conference & Resource Guide!!

Please click on the [link](#) below to take a short survey.



<https://www.surveymonkey.com/r/3STL3LX>



**Thank You!!**

**For questions/inquiries please contact:**

***Nadine Fetherston***

Marriage, Family & Life Service

204-594-0295 [mfl2@archsaintboniface.ca](mailto:mfl2@archsaintboniface.ca)

