

15 Activities to Celebrate the Lord's Day



1. Use crock pot recipes to cut down on cooking or throw in pizza as an easy meal.
2. Attend Mass as a family.
3. Invite someone who may be unable to cook for themselves such as an elderly person or shut-in, to share dinner with your family, or take dinner to them.
4. Surprise someone in need with a visit.
5. Make Sundays family movie night. Pop some popcorn and watch a movie with family values. Then talk about the moral of the movie at the end.
6. Give time to a nursing home or to others who may need help reading letters from loved ones or writing them.
7. Utilize time together in the car or at dinner to discuss what each family member learned at Church that day.
8. Read children's scripture story books to them.
9. Pair children up in separate rooms together with games or books, etc. This allows each child time to build a one-on-one relationship with each of his/her brothers and sisters. Partners are rotated each Sunday. While children are spending special time together, mom and dad can spend time alone together.
10. Tell children stories of when you were their age.
11. Have grandma or grandpa tell stories about themselves or the lives of other relatives.
12. Take a walk as a family. Discuss the blessing God has given us through nature.
13. Decorate a Sunday "Things to Do" box and fill it with ideas. Draw one out each Sunday to do.
14. Make phone calls or write letters to those special friends and loved ones to let them know you're thinking of them.
15. Work on an art project or bake cookies to give to a friend or neighbor.