

Our Lady of Fatima Faith Formation Program

Goals for families:

- Attend weekly Mass together as a family (EVEN IN THE SUMMER!!)
- Pray with the children when they go to bed at night.
- Couples pray together
- Have dinner all together at the table, say grace, thank God for the blessings received today.
- Read the children a bible story at bedtime.
- Attend Adoration of the Blessed Sacrament
- Invite someone to Mass or Adoration
- Listen to Christian music / news
 - (K-Love 95.5 FM station)
 - (Relevant Radio 550 AM)
- Read the readings before Mass to prepare for what you will hear.
 - <https://bible.usccb.org/daily-bible-reading>
- Talk about the readings after Mass and/or the Homily and what stuck out to you or what was the meaning?
- Attend confession as a family. (Saturday 11:00 am – 12:00 pm at OLF)
- Pick a charity and donate used clothing/toys. Volunteer together at a Soup kitchen/food pantry, etc.
- Parents listen to a spiritual podcast.
 - (<https://www.wordonfireshow.com/category/podcasts>)
 - (catholic.com)
- Parents read a spiritual book.
 - (<https://www.dynamiccatholic.com/home>)
- Receive daily inspirational emails/Gospel reflections
 - (<https://www.dynamiccatholic.com/home>)

Steps to setting goals:

1. Pick one or two goals as a family.
2. Evaluate your progress regularly.