



Catholic Summer Fun Guide for Families

Simple ways to help your family stay close to Jesus all summer long

Summer is a gift: slower mornings, more time outside, family trips, popsicles, late sunsets, and a little more room to breathe. It can also be a beautiful season to help children see that faith is not only something we “go to” during the school year. Our Catholic faith belongs at the beach, in the car, at the dinner table, on vacation, and in ordinary family life.

We hope this guide gives parents simple, realistic ideas for keeping faith joyful, active, and family-friendly during the summer months.

Please remember:

You do not have to create a perfect Catholic summer. You are planting seeds: a prayer in the car, Mass on Sunday and on vacation, a conversation under the stars, saying grace at meals, and small acts of kindness.



1. Make Sunday Mass the Anchor

Vacations, sports, and weekend plans can easily throw off routines. Try to make Sunday Mass the one non-negotiable rhythm of the week.

Before traveling, look up a nearby Catholic parish and Mass time. Let your children help choose which Mass your family will attend. This teaches them that being Catholic travels with us.

Family challenge

Visit a different Catholic church while on vacation. After Mass, ask: “What looked the same as our parish?” “What looked different?” “What did you notice?” This helps children understand that the Mass is universal. Wherever we go, Jesus is present in the Eucharist.

2. Create a Simple Summer Prayer Routine

Prayer does not need to be long to be meaningful. A short prayer done consistently teaches children that God is part of daily life.

- Morning prayer: “Jesus, thank You for this new day. Help me to love You and love others today. Amen.”
- Car prayer: Say one Hail Mary before a road trip or while driving to camp.
- Bedtime gratitude: Each person names one thing they are thankful for and one person they want to pray for.
- Before meals: Invite children to take turns leading grace.

3. Celebrate Summer Saints

The Church calendar continues all summer. Choose a few saints to learn about as a family.

- June 13 - St. Anthony of Padua: Patron saint of lost things.
- June 24 - Nativity of St. John the Baptist: John prepared the way for Jesus.
- June 29 - Saints Peter and Paul: Two very different men who both loved Jesus courageously.
- July 3 - St. Thomas the Apostle: A good saint for children who ask questions or struggle to believe.
- July 22 - St. Mary Magdalene: The first witness of the Resurrection.
- July 26 - Saints Joachim and Anne: The grandparents of Jesus.
- August 15 - Assumption of the Blessed Virgin Mary: A holy day honoring Mary being taken body and soul into heaven. **A Holy Day of Obligation.**
- August 27 - St. Monica: A mother who prayed faithfully for her son.
- August 28 - St. Augustine: A reminder that God can transform any heart.

Family idea

Pick one saint each week. Read a short story about the saint, color a picture, or ask: “What can this saint teach our family?”

4. Bring Faith Outside

Summer is a wonderful time to help children notice God's creation. Children often encounter God through wonder before they understand theology. Let summer beauty become a doorway to prayer.

- Creation walk: Name things God made: trees, clouds, birds, flowers, water, people.
- Rosary walk: Pray one decade of the Rosary while walking together.
- Backyard praise: Sit outside and pray, "God, thank You for the beauty of this day."
- Beach or lake reflection: Talk about Baptism when you are near water.
- Stargazing prayer: Look at the night sky and pray Psalm 8.

5. Practice Works of Mercy as a Family

Faith grows when children learn to love and serve others. Choose one act of mercy each week, then ask your child: "How did we show Jesus' love today?"

- Bring food to a pantry.
- Write cards for elderly parishioners or grandparents.
- Donate gently used toys or clothes.
- Pray for someone who is sick.
- Help a neighbor with yard work.
- Invite someone lonely for a meal or playdate.
- Make blessing bags for people in need.

6. Keep Catholic Conversations Natural

Parents do not need to give perfect lectures. Often, the best faith conversations happen naturally at the dinner table, in the car, or before bed.

- What do you want to thank God for today?
- Where did you see something beautiful today?
- What is one kind thing someone did for you?
- What is one kind thing you did for someone else?
- What do you want to ask Jesus for help with?
- What saint would you want as a friend?

7. Make a Home Prayer Space

A small prayer space reminds children that faith has a place in the home. It does not need to be fancy. It just needs to be visible and used.

- A crucifix
- A Bible
- A rosary
- A candle, battery-operated if needed
- A statue or image of Mary or a saint
- A bowl for prayer intentions
- Seasonal flowers or shells from a family trip



8. Add Catholic Fun to Summer Days

Faith can be joyful and creative. Joy is a powerful teacher. Children remember faith when it is connected to warmth, beauty, and family love.

- Make paper saints.
- Bake cookies for a saint feast day.
- Have a Marian tea party.
- Watch a Catholic children's video together.
- Create sidewalk chalk messages like "Jesus loves you."
- Make rosaries with beads.
- Plant flowers near a Mary statue.
- Have a family picnic after Sunday Mass.
- Learn a new prayer as a family.
- Create a summer blessings jar and add one note each week.

9. Help Children Stay Connected to the Parish

Summer can make parish life feel distant, especially when religious education and Catholic school classes are not meeting. Look for small ways to stay connected.

- Attend Mass regularly.
- Check the parish bulletin.
- Participate in parish events.
- Visit the church for a short prayer during the week.
- Light a candle together.
- Encourage children to greet the priest or deacon after Mass.
- Pray for your catechists, teachers and parish community.

10. Bless the Beginning and End of Summer

Use simple family prayer to begin and end the season with gratitude, hope, and trust in God.

Summer Blessing Prayer

Lord Jesus, thank You for the gift of summer. Bless our family with rest, joy, safety, and love. Help us to see You in creation, serve You in others, and stay close to You in prayer and at Mass. Bless our travels, our home, our parish, and our hearts. Mary, our Mother, pray for us. St. Raphael, pray for us. Amen.

At the end of summer, invite each family member to share:

- One favorite memory
- One thing they learned
- One way they saw God at work
- One prayer for the school year ahead

Summer Catholic Faith Checklist

☐ Attend Sunday Mass as a family	☐ Visit a new Catholic church
☐ Learn about one summer saint	☐ Pray a decade of the Rosary
☐ Do one family service project	☐ Create or refresh a home prayer space
☐ Say a prayer outdoors	☐ Attend Mass on the Assumption of Mary on August 15 th , a Holy day of Obligation
☐ Pray for grandparents on July 26	☐ Thank God for your favorite summer memory

A Gentle Reminder for Families

Summer is not time away from Jesus. It is a special season to find Him in Mass, family time, laughter, nature, rest, and everyday moments.

At the start of the next school year, bring your completed guide and checklist to the SRRE office for a prize!



Keeping Our Catholic faith alive all summer
—+—
Spreading the Good News of the Gospel to All Generations



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