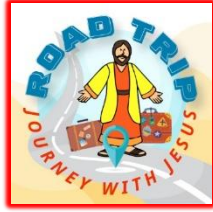


Jubilee 2025 – Pilgrims of Hope

Take part in this year's *Jubilee Year of Hope* by encouraging summer family activities which:



- ❖ Make time for daily prayer and reflection on themes of hope, reconciliation and mercy.
- ❖ Read Scripture, specifically the psalms and Gospels, that speak to the promise of hope.
- ❖ Perform acts of mercy and kindness that make the world a better place and spread hope.
- ❖ Celebrate the sacraments, particularly the Sacrament of the Eucharist and Reconciliation & Penance.
- ❖ Make a pilgrimage, whether to Rome or to a nearby shrine or holy site
- ❖ Take part in retreats or catechetical events that focus on the themes of the Jubilee year to grow in your understanding and build faith.

Staycation Challenge Ideas:

- Learn the **Jubilee Year of Hope Pilgrim Calypso Song** together as a family and sing it weekly throughout the summer to remind yourselves of our Baptismal mission to bring love, joy and hope to the world. Check it out at <https://www.youtube.com/watch?v=XUj9gcbzLQs&t=195s>.
- **Prayer Chain:** Have each family member write a prayer of hope on a strip of paper. Connect the strips to form a chain, symbolizing the family's collective prayers. Display it in a visible area, like the family prayer space or dining room. Use these as intention prompts when you are sharing a meal together or during another family prayer time.
- **Threshold Prayers:** Place short prayers or scripture verses on the doors in your home. Encourage family members to recite the prayer as they pass through. Examples include:
 - Lord, bless all who enter here.
 - Lord, You alone are the door to salvation.
 - Lord, let me pass from sin into grace.
- **As a family, learn Pope Francis' Five Finger Prayer** method of praying (*copy provided in the materials packet*). Include this practice in your daily prayer life together, taking turns sharing personal intentions and Pope Francis' monthly intentions for the Jubilee Year (*copy included*).
- **Pilgrim Walk: A Journey of Hope:** Create a walking path in your backyard with stations for prayer or reflection. Include Bible verses, or symbols of hope, at each station. Conclude each walk together with a family prayer for the Jubilee Year.
- **Pilgrimage Stories: Heroes of Hope:** Find and visit the SLCC Library (Hint: in the AMC); Check out a family book or movie about a favorite Saint and spend time together reading/watching it. Consider: Why did you choose this Saint? How does this Saint point to hope and inspire you as a family?
- **Adopt a Hero:** "Adopt" a local firehouse, police station, or military unit. Send weekly notes, prayers, or small tokens of appreciation.
- **Volunteers thru History:** Learn about historical figures known for service, such as St. Teresa of Calcutta or Dr. Martin Luther King, Jr. Discuss how they can inspire your family to serve and bring hope to others. Use the SL Library in the AMC or safe resources on the internet for research.
- **Participate in one of the SLCC Social Concerns Summer Service Projects:** Check out the Social Concerns volunteer opportunities at <https://stlaurence.org/volunteer-service-opportunities>. **Note that space is limited and prior registration is required** for most of these service projects.
- **Hold a lemonade stand, garage sale, neighborhood carnival or bake sale together; designate the monies you earn for a favorite charity and make a donation on behalf of your family.**

- **Offer to help a neighbor, friend or family member with a project or chore around the house** – i.e., yard work, painting, repairs, cleaning, walking the dog, etc.
- **Complete one or more of the Year of Jubilee activities provided in your packet** – See the *Pilgrim Footprints and Jubilee Year* activity, the *Pilgrim Shell* activity, the *Jesus said, 'I am the Door'* craft, the *Forgiveness: Write your own Act of Contrition* activity, the *2025 Canonizations (Carlo Acutis)* craft, or coordinate and host a *Jubilee Party*, inviting your family and friends.
- **Celebrate the *Sacrament of Reconciliation* together as a family** and enjoy a nice family meal or special treat afterwards.
- **Attend a Summer Faith Formation event at St. Laurence Church** (see a calendar of summer family events in your packet!)
- **Attend weekly Mass together** and politely ask one of the priests after Mass to join you in your family photo with flat Jesus.
- **Create a *Hope Garden***: Dedicate a small area in your yard or a few potted plants as a “Hope Garden.” Each family member can plant something symbolic. Reflect together on how nurturing the garden mirrors nurturing hope in your lives.
- **Make a *Jubilee Time Capsule***: Each family member can contribute an item representing their hopes for the future (i.e., a letter, drawing, or photo). Seal those items in a time capsule/container to be opened in a future year.
- **Watch a family movie together on FORMED using the free St. Laurence membership credential instructions to create an account** (<https://stlaurence.org/formed>)

Day Trippers & Vacation Challenge Ideas:

- **Research and visit a National Catholic pilgrimage shrine located in or near your vacation destination.** For a listing in the U.S. by State, go to: <https://www.catholicshrines.org/national-shrines> .
- **Take a ‘Pilgrimage’ to and attend Mass at the Co-Cathedral of the Sacred Heart in downtown Houston or St. Mary’s Cathedral Basilica in Galveston** (both are Archdiocesan Pilgrimage sites for Galveston/Houston); for Mass times, go to <https://www.sacredhearthouston.org/> or <https://holyfamilygb.com/mass-times> ; afterwards be sure to take a picture of your family in front of the altar with flat Jesus
- **Visit the painted churches of TX** <https://www.texasmonthly.com/style/guide-to-painted-churches-texas/> (Painted Churches of TX)
- **Visit the *Marian Shrine of our Lady of Shoenstatt* near Austin** <https://schoenstatt-austin.us/about-us> <https://vimeo.com/495300093>
- **Visit the *National Shrine Cathedral of our Lady of Guadalupe* in downtown Dallas** <https://www.cathedralguadalupe.org/>
- **Visit the *Basilica of the National Shrine of the Little Flower* in San Antonio** <https://littleflowerbasilica.org/>
- **While on vacation, attend Mass together at a church in the area you are visiting** (check out <https://masstime.us/>) and afterwards take a picture of your family in front of the altar with flat Jesus
- **Include flat Jesus with you on any vacation activity you do together as a family.** Share the sights, sounds, food, culture and faith history of the location you are visiting.