

Jubilee 2025 – Pilgrims of Hope

July and August Activity Ideas for Families

Themes: The months of July and August will be dedicated to the youth.

July 28 – August 3: Jubilee of Young Adults

Spiritual Activities

1. Vocations Prayer Night – God has a plan for every person’s life, including children. Set aside one evening this month to pray as a family for each child’s future vocation, whether to marriage, religious life, or single life.
 - Read aloud Luke 1:38 (“Let it be done to me according to your word.”).
 - Invite children to repeat the phrase in their own words.
 - Light a candle and allow a moment of silence for listening to God.
2. Saint Study: Friends of the Young – Saints are great role models, especially those who were young.
 - Choose a saint who has a heart for young people (e.g. St. John Bosco, Bl. Carlo Acutis, and St. Therese of Lisieux).
 - Read a short story, or watch a video about the saint.
 - Have a family discussion: “What can we learn from this saint about growing in faith as we grow up?”
3. Spiritual Playlist – Work together to create a playlist of uplifting Christian or Catholic songs.
 - Encourage each family member to pick a song that brings them peace or joy. (Suggestions: “You Say” by Lauren Daigle, “My Lighthouse” by Rend Collective or “Trading my Sorrows” by Darrell Evans)
 - Play the playlist during car rides, meals, or quiet evenings.
4. Scripture of the Week – Choose one bible verse per week that speaks about God’s plan or courage (e.g. Jeremiah 29:11, 1 Timothy 4:12).
 - Write the scripture on a notecard and place it on the refrigerator.
 - Read the verse aloud each day and ask: “What does this verse mean to you today?”
5. Holy Moments Tracker- Celebrate the daily holy moments in your family.
 - Create a simple chart or calendar.
 - Each time a family member chooses a “holy moment” (e.g. being patient, saying sorry, and helping someone without being asked), write it down.
 - Celebrate these holy moments with a small weekly treat, or a prayer of thanks.

6. Called by Name Prayer Cards – Children need to hear that God knows and loves them personally.
 - Give each child an index card and have them write (or decorate) the phrase “God has called me by name” (Isaiah 43:1).
 - Add stickers, drawings, or symbols that make it personal.
 - Post the cards on bedroom doors or bathroom mirrors.
7. Family Rosary for Young People – The Rosary is a peaceful way to pray and remember that Mary and Jesus are close to us.
 - Choose one decade (10 Hail Marys) and offer it for children and teens around the world.
 - Let each child offer a simple prayer before or after reciting the Rosary.
8. Here I am, Lord! – Help children understand that we can listen to God in our hearts.
 - Read the story of Samuel hearing God (1 Samuel 3).
 - Invite each child to quietly say, “Speak, I am listening.”
 - Ask, “What do you think God is telling you today?”
9. Psalm Poster – Memorizing Scripture can help keep God’s word close.
 - Pick a short psalm, like Psalm 23.
 - Let each child illustrate a favorite line and tape it up in a visible place.

Educational and Formation Opportunities

1. “When I Grow Up...” Faith Reflection – Connecting future dreams with serving God is important element of a child’s faith journey.
 - Have each child choose a profession to learn about (e.g. teacher, nurse, priest, artist). Research the chosen profession with the help of a parent.
 - Ask, “How could you show God’s love in that job?”
 - Invite children to write ideas in their journals or draw pictures or symbols, representing how they would live out their faith in their future job.
2. Guest Conversation Night – Hearing from young adults about faith is often helpful.
 - Invite a teen, college student, young adult, parish youth minister, or young teacher to dinner or for a video chat.
 - Ask the guest to share how they keep faith alive in their everyday life.
 - Let children ask questions (e.g. “What helps you stay close to God?” or “What was hard about growing up in faith?”).
3. Create a Catholic Family Timeline – Children appreciate seeing their story as part of God’s bigger story.
 - Create a visual timeline showing key moments in the Church’s history alongside major milestones for young saints.
 - On the timeline, include the child’s baptism, birthdays, and “faith moments” like First Communion.
4. Faith Word of the Week – This activity will build “faith” language naturally.
 - Pick one word (e.g. grace, hope, serve) and talk about what it means.
 - Look for times to use the faith word in daily life.

5. Saint Stories – Children remember stories. Read short biographies, or picture books, about saints who were children or teens.
 - Discuss with children what made the saints holy and brave.
 - Reflect on what children might do to lead to their own road to sainthood.
6. Vocation Backpack- Creating a symbol will help children imagine what tools they will need to follow God.
 - Draw a backpack. Ask, “What do I need to live a life of faith?” Answers might include words like “kindness”, “bible”, or “courage”.
 - Let children decorate the backpack. Include the words, or symbols, that were shared. Hang the “backpack” on the fridge.
7. Virtue Quest – Teach children how to practice virtues with intentionality. Pick a virtue each week (e.g. courage, kindness, patience).
 - Learn about the virtue of the week through stories or scriptures.
 - Practice using the virtue all week.
 - At the end of the week, celebrate by sharing how each person in the family lived out the virtue of the week.
8. Media Challenge – Choose a Catholic, or uplifting, movie that features a young protagonist (e.g. “Fatima”, “The Prince of Egypt”, or “Brother Sun, Sister Moon”).
 - Watch the movie as a family.
 - Discuss the themes of faith, hope, and responsibility.
9. Jubilee Journaling – Reflection is an important part of learning.
 - Provide each child in the family with a notebook.
 - Each week, give a prompt like, “What is something I hope for?” or “When did I feel close to God this week?”
 - Older children can write or draw responses. Younger children can dictate their thoughts to a parent.

Service-Oriented Activities

1. Encourage a Young Adult – Make cheerful cards for young adults in your community.
 - Create a card or drawing for a teacher, babysitter, college student, or someone in the military.
 - Include short prayers or notes of encouragement.
2. Prayers for the Future – Write simple prayers for young adults in your community.
 - Deliver the prayers to the parish office to share with youth group leaders or young adult ministries.
 - Alternatively, children can write short prayers on strips of paper and tape them into a chain to display at home. A strip can be added each day (e.g. “Dear God, help young people make good choices.”).

3. Saintly Snack Packs – As a family, make snack packs to give to the needy.
 - Pack the snack bags with water, fruit, granola bars, hand sanitizer and a kind note or prayer.
 - Donate the packs to a local shelter, food pantry, youth shelter, or church outreach.
 - Pray together for the young people who will receive them.
4. Clean Up Challenge – Choose a location (e.g. local park, church grounds, or a neighbor's yard) to do a service clean-up.
 - Talk about how caring for creation is part of our responsibility as Christians.
 - Discuss how this act of service relates to Catholic Social Teaching.
5. Helping Hands at Home – Assign older children special leadership roles in household chores for a week.
 - Emphasize servant leadership by praising efforts to help younger siblings or do extra work without being asked.
 - At the end of the week, express gratitude for the extra help with a small celebration.
6. Family Gratitude – Distribute a number of index cards to each family member.
 - At the end of each day, family members will write, or draw, one thing they were grateful for that day.
 - Encourage family members to focus on blessings related to school, growing up, or young people.
 - Display the index cards as a reminder of joy in service.
7. Hidden Helper Week – Encourage family members to do good quietly to build humility.
 - Challenge each family member to do secret good deeds (e.g. folding laundry, clearing the table).
 - At the end of the week, reveal the good deeds that were accomplished.
8. Kindness Tree – Children can see that even small acts of kindness make a big impact.
 - Draw a tree. Add a leaf each time someone in the family helps, shares, or forgives.
 - Celebrate how the “tree” grows.
9. Donate to a Teen or Youth Group – Show support for others who are trying to live their faith.
 - As a family, bake something, or donate a few dollars to your parish's youth group.
 - Attach a note: “Thank you for being part of our Church!”

Legacy Projects

1. Hope Time Capsule – Time capsules are a fun way to represent hope for the future of our youth.
 - Children can collect prayers, pictures, and letters about what they hope to be in the future. They can seal these items in a box and open it in 5-10 years.
 - Parents can write letters about their hope for their children's future in faith and in life. They can place them in the box with items like a favorite prayer, small cross, or family photo. The box can be opened at a future milestone or graduation.
2. Family Faith Memories – Family faith moments can be captured for reflection.
 - Create a scrapbook and include photos from church, holidays, sacraments, and notes about what you have learned about God together.
 - An alternative activity might be to record each child saying what they believe about God and what gives them hope. The video can be kept as a keepsake.
3. Plant a "Jubilee Tree" – Demonstrate to children that faith grows over time, just as a tree, or garden does.
 - Plant a small tree, or flower bed, and dedicate it to the next generation of faithful young people.
 - Create a marker with a verse or quote (e.g. "Rooted in Christ", "Growing in Hope").
 - Each time you water the tree, or flower bed, take the opportunity to say a prayer together.
4. Family Crest of Faith or Hope – A family crest will help define family values.
 - Design a family crest featuring symbols of your family's values, faith, and mission.
 - An alternative activity might be to draw a shield with four sections: faith, kindness, hope, forgiveness). Draw pictures of symbols in each sections representing those qualities.
 - Hang up the crest, or shield, as a family reminder.
5. Blessing Banner – Create hope in the future with a beautiful display.
 - On fabric, or a poster board, write blessings for your family's future.
 - Add handprints or artwork from each child.
 - Display the banner in a common room of the home.
6. Vocation Vision Board – Create a collage of dreams and aspirations.
 - On poster board, write, or draw, future jobs, faith callings, and/or faith goals.
 - Include quotes from saints, or scripture, which speak to each child's gifts and hopes.
 - Display the poster in a prominent place.
7. Letters to Future Selves – Encourage reflection and goals.
 - Ask each child in the family to write (or draw) a note to themselves in (5) years.
 - Encourage them to address what they hope to be doing.

- Ask them to reflect on what kind of person they want to be.
 - The letters can be included in a time capsule to be opened in the future.
8. Blessings Book – A Blessings Book will help develop gratitude.
- Keep a family journal.
 - Each week, have each family member write, or draw, something that made them feel blessed.
 - As a family, celebrate the blessings of the week.

Creative Celebrations

1. Future Me Posters – Encourage dreaming with a purpose.
- Ask each child in the family to draw a picture of themselves as grownups.
 - Tell the children to add the job they want to have in the future.
 - Encourage family members to also show how they will incorporate God’s love into the job that they chose.

As an alternate activity, children can act out their future selves. They can reflect what they want to be and how they will serve God. Simple props can be used and the skit can be recorded for a fun family night.

2. Hope and Faith Sidewalk Chalk Art – Spread joy throughout the neighborhood.
- Use sidewalk chalk to write positive messages in your driveway (e.g. “You are important!” “God loves you!”).
 - Take pictures and share with family members as well.

As an alternative activity, family members can create a beautiful mural for everyone to enjoy.

3. “Joy Jar” Art Project – Create a jar of joy to uplift family members.
- Decorate a jar to collect slips of paper with joyful or hopeful moments that happen each week.
 - Read the happy moments aloud at the end of the month.
4. Celebration of Young Saints – Connect joy with learning about saints.
- Have each child in the family take turns to pick a young saint to dress up as. Children can also use a simple symbol if desired (e.g. cross, flower, or other symbol to represent the saint).
 - Make a favorite meal in honor of the saint. The meal can be reflective of the saint’s country of origin.
 - During dinner, share details about the saint’s life and what he, or she, did. Short stories about the saint can also be read.
5. Prayer Rock Painting – Make beautiful reminders of God’s love.
- Paint rocks with words like, “Hope”, “Trust”, or “Serve”.
 - Place the rocks in your yard or a prayer garden.
 - The rocks can also be gifted to neighbors or to the parish.

6. Spiritual Talent Show- Talent shows can encourage children to share their gifts.
 - Each member of the family can prepare something faith-related (e.g. song, poem joke, art piece, story).
 - The “talents” can be shared after dinner.
 - Extended family can even participate via a video call.
7. “Hope through Music” – Music is a powerful vehicle for prayer for young people.
 - Host a family sing-along with praise and worship.
 - Invite a young adult friend, or family member, to lead a musical reflection night.
 - Younger children can participate by making simple instruments like shaker bottles.