

Jubilee 2025 – Pilgrims of Hope

June Activity Ideas for Families

Themes: Below you will find one activity per theme under each heading.

June 14-15: Jubilee of Sports – bringing together athletes to celebrate fair play, unity, and physical well-being

June 20 -22: Jubilee of Governments – recognizing leaders and officials working for the common good

June 23-24: Jubilee of Seminarians

June 25: Jubilee of Bishops

June 25 – 27: Jubilee of Priests

Spiritual Activities

1. Spiritual Training Plan – Create a daily “training schedule” like an athlete preparing for a tournament. Include:
 - **Stretch:** Morning prayer (simple, focused)
 - **Strength Training:** Memorize one Scripture verse (e.g. 1 Corinthians 9:24)
 - **Cardio:** Daily act of mercy or service
 - **Cool Down:** Reflect on the day with a Gratitude JournalFrame this as “training for holiness”, just as an athlete trains for the game.
2. Virtues of Good Leadership – Choose 3-4 leadership virtues (justice, wisdom, humility, courage).
 - Write a prayer for each one and reflect on how leaders in government can grow in these virtues.
 - Pray a decade of the Rosary for each virtue throughout the week.
 - Read Micah 6:8 and reflect how leaders can “act justly, love mercy, and walk humbly”.
3. Pray for Seminarians Prayer Circle – Seminarians are men studying to become priests. They need our prayers for strength, faith, and perseverance.
 - Gather as a family around a prayer space.
 - Light a candle and place a picture, or statue, of a saint who inspires vocations.(e.g. St. John Vianney, St. Therese of Lisieux).
 - Pray a special prayer for seminarians (you can find one online or say something simple like, “Lord, bless and guide all men preparing to serve you as priests.”).

- Each family member can add a personal intention for seminarians or vocations.
 - Close with the Sign of the Cross.
4. Pray for our Bishop – Bishops carry heavy responsibilities and need our prayers.
 - Read Acts 20:28 (“Keep watch over yourselves and all the flock...”) or John 21:15-17 (Jesus tells Peter to “Feed my sheep.”).
 - Discuss what it means to shepherd others with love and care.
 - Invite children to think about ways they can “shepherd” others in their daily lives.
 - Pray for Bishop Konderla. Use a simple prayer, such as: *“Lord, bless and guide our bishop as he leads your Church. Fill him with wisdom and love so he can bring your mercy and hope to all. Amen.”*
 5. Prayer for Priests – Priests serve as leaders and ministers of God’s grace, especially during Jubilee times of mercy and renewal.
 - Read a kid-friendly passage about priests, such as Hebrews 4:14-16 (Jesus as our High Priest).
 - Discuss how Jesus helps us and how priests continue to do His work today.
 - Ask children to share ways priests help their families and communities.
 - Pray as a family for your local priest. You can use this prayer, or create your own: *“Lord Jesus, bless our priests who shepherd your flock. Fill them with your love, strength and joy, so they may lead us closer to you during this Jubilee year. Amen.”*

Educational and Formation Opportunities

1. Scripture Focus – Gather as a family to read 1 Corinthians 9:24: *“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize?”* Discuss:
 - What is the “race” Paul is talking about?
 - What kind of prize is he describing?
 - What are some things that make running the race of faith hard? How can we support each other?
 Extension: Choose a family-themed virtue to focus on for the month (e.g. perseverance, self-control).
2. Saints who Lead with Justice – Learn about saints who were leaders or influenced rulers:
 - St. Louis IX (King of France)
 - St. Thomas More (lawyer and martyr)
 - St. Elizabeth of Hungary (royal, served the poor)
3. Saint Research. – Choose a saint to research and include the following information:
 - Saint’s name, time period, leadership role
 - How that individual served the common good
 - What virtue the saint is known for.
4. Seminarian Storytime and Discussion – Learning about seminarians helps children understand what it means to prepare for the priesthood. Read a children’s book about a

seminarian, or a saint, who was a priest. After reading, discuss what the seminarian does and why they are important:

- What do you think it takes to be a good priest?
- How can we support seminarians with our prayers?

Talk about a seminarian's daily life. Draw a map of a seminary. Label areas like the chapel, classrooms, dormitories and dining room.

5. Learn about the Bishop – Knowing your bishop helps children feel connected to the Church.
 - Visit the diocesan website: dioceseoftulsa.org to learn about Bishop Konderla. Find out about his background and what he does for the Church.
 - Create a “Bishop Fact Sheet” with drawings and key facts. Include common bishop symbols (e.g. mitre, crosier, ring and pectoral cross).
6. Meet a Priest- Learning about priests will help children appreciate their role in the Church. Arrange a video call, phone call, or in-person visit with your parish priest or a retired priest. Prepare simple questions:
 - What do you like most about being a priest?
 - How do priests help people?
 - What has been your favorite part of the Jubilee Year?

After the interview, talk about what you learned and thank the priest with a handmade card.

Service-Oriented Activities

1. Virtue in Action – Encourage a culture of noticing and celebrating small acts of virtue.
 - Each family member can choose one virtue to “train in” for the week (e.g. patience, courage, generosity).
 - Family members will track ways they live out that virtue for others (e.g. helping with chores, forgiving a sibling, encouraging a friend).
 - Share nightly “team huddles” to reflect on how Jesus is seen in each family member.

As an extension, each act of service can be written on a strip of colored paper and added to a growing paper chain. The chain can be displayed in a prayer space as a visible reminder of how your family is building a team of love.

2. Be a Civic Helper – Put love into action by supporting those who serve the common good.
 - Choose a family project that serves your neighborhood or parish (e.g. clean up a park, write a thank you note to your local election office, or help with a food drive).
 - Talk about how this small action supports the common good.
 - Consider what would happen if no one did these things?

3. Letters of Encouragement – Seminarians often appreciate hearing from their community to keep them motivated.
 - Write a simple letter, or draw a picture to encourage seminarians.
 - Include a prayer of hopeful message.
4. Family Act of Mercy – Priests often work alone, or face challenges in their ministry. Families can offer support:
 - Visit, or call a priest, to check on how they are doing.
 - Offer to pray for your parish priest regularly as a family.
 - Ask if there is any way that your family can help, such as volunteering for parish events.
5. Support your Bishop – Bishops enjoy hearing from the faithful they serve.
 - Write, or draw something, to thank your bishop. Ask him to pray for your family and your community.
 - Mail, or email, it to the diocesan office.

Legacy Projects

1. Family Sports Virtue Code – Gather as a family and discuss:
 - What do we value most when we play sports or games?
 - What does it mean to be a good winner, or a good loser?Write a Family Virtue Code that includes your values (e.g. honesty, cheering others on, trying your best, showing mercy). Display it on the fridge or in your prayer corner.
2. Civic Mission Statement – As a family, write a statement about how you want to serve the common good as faithful citizens.
 - Include values like respect, fairness, honesty, responsibility, and mercy.
 - Post it in your home or make a video version.
3. Jubilee Banner for Seminarians – Visual reminders celebrate the Jubilee and show support for the seminarians.
 - Use a large sheet of paper or fabric.
 - Have each family member draw, or write, messages of hope and support for seminarians.
 - Include symbols like hearts, crosses, or doves.
 - Hang the banner in a window or common area.
4. Make a “Prayer for Priests” Garden or Space – Creating a special prayer area encourages ongoing spiritual support for priests.
 - Choose a small area in your yard or a corner in your home.
 - Add items like a statue of Jesus the Good Shepherd, candles, or a prayer card for priests.
 - Visit the space weekly to pray as a family for priests and their mission.
5. Shepherd’s Promise – Bishops shepherd the Church; families can pledge to care for others too.

- Write a family pledge promising to be good “shepherds” in your community (e.g. helping, listening, and forgiving).
- Decorate it and hang it where everyone can see.
- Revisit it weekly, adding new ways to live out the pledge.

Creative Celebrations

1. Saint Trading Cards – Design “Saint Athlete Cards” with:
 - Saint’s name and feast day
 - Sport or virtue they represent
 - Fun facts and a prayer for their intercession
 Collect and trade with siblings, or display them on the fridge or prayer wall.
2. “If I Were Mayor...” – Have your child write, or dictate, a short “speech” as if they were the mayor: “As mayor, I would help people by...” Present it to the family.
3. Family Jubilee Song or Dance – Music and movement are joyful ways to celebrate.
 - Choose a simple Catholic song about vocations or create your own song/dance about supporting seminarians.
 - Practice it together and record.
 - End with a prayer thanking God for those who answer His call.
4. Priest Role Play – Children learn by acting out roles. They can experience what priests do.
 - Set up a simple altar or prayer table.
 - Assign roles (priest, altar server, family members).
 - Act out a Mass or a Reconciliation service focusing on forgiveness and renewal.
 - Discuss what it feels like to serve and be served.
5. Make a Bishop’s Mitre Hat – The bishop’s mitre is a distinctive sign of his office.
 - Using construction paper, create a mitre hat for each child.
 - Decorate it with crosses, jewels (stickers) or symbols of faith.
 - Have a “Bishop Ceremony” at home where kids wear their mitres and share a message of hope and mercy.