

Jubilee 2025 – Pilgrims of Hope

September Activity Ideas for Families

September 15: Jubilee of Consolation

September 20: Jubilee of Justice Workers

September 26-28: Jubilee of Catechists

Spiritual Activities

1. Prayer Table – Creating a dedicated prayer area helps children know they have a peaceful space to connect with God.
 - Set up a special corner of the house with a cloth, crucifix, candle, and Bible.
 - Let the children help choose what goes on the prayer table.
 - Encourage children to sit quietly and pray whenever they need comfort.
 - Teach children how to pray short prayers. (e.g. “Come, Holy Spirit, be with us.”)
 - Teach children The Guardian Angel Prayer. Discuss how angels are sent by God to care for us and comfort us.
2. Psalm of Comfort – Reading Psalms teaches kids that God understands their feelings and is always with them
 - Read Psalm 23 or Psalm 34:18 together.
 - Talk about how God is always close to those who are hurting.
 - Children can draw a picture of what comfort looks like to them. Older children can write a journal entry.
3. Prayer for the Brokenhearted – Gather as a family and pray for people who are sad, sick, or lonely.
 - Each person can name someone they know.
 - A candle can be lit for each person being prayed for with a short prayer, “God, bring comfort to them.”
4. Prayer for Justice and Peace – Simple prayers help kids see that fairness and peace begin with God.
 - Gather as a family to pray for justice and peace.
 - Say a simple prayer such as: “God of Justice, help us treat everyone fairly, speak the truth, and stand up for what is right.”
 - Discuss what it means to “act justly” at home, at school, or in sports.

- A candle can be lit as a symbol of truth and justice.
- Each family member can name one way that they can be more fair, kind, or honest in the week ahead.

A follow-up activity might be to pray the Beatitudes together, especially, “Blessed are the peacemakers”.

5. Prayer for Catechists- Pray together, as a family, for the people who teach the faith (e.g. religion teachers, catechists, priests and volunteers).
 - Pick one night each week at dinner to share stories of faith. Parents can share how they learned about God, and children can talk about what they are learning at school or church.
 - Pray together for the people who teach the faith. A simple prayer might be, “God, bless those who teach others about You. Help them be patient, joyful, and full of Your love.”
6. Family Gifts – God gives everyone gifts to help them evangelize.
 - Ask each family member to name one gift they have that helps them share God’s love (e.g. kindness, singing, and drawing).
 - Say a prayer thanking God for each gift.

Educational and Formation Opportunities

1. Storytime Consolation – Stories of comfort teach kids how kindness can heal others’ hearts.
 - Read a story about kindness and comfort together. *The Invisible String* or a Bible story, such as *The Good Samaritan* are good choices for stories to share as a family.
 - Families can also focus on some of the saints who were good about bringing comfort to others (e.g. St. Teresa of Calcutta, St. Damien of Molokai).
 - Ask questions like, “How did this saint, or character, help someone feel better?” “What types of things can you do to help others feel better?”
2. Names of Jesus– Exploring Jesus’ gentle titles helps children trust in Him when they need comfort.
 - Discuss the names for Jesus that bring comfort (e.g. Good Shepherd, Prince of Peace, Healer, and Friend).
 - Make a poster depicting these names and hang it in your prayer space.
3. Bible Verse Memory – Memorizing comforting Scripture helps kids recall God’s promises in difficult moments.
 - Memorize a verse together like Isaiah 66:13: “As a mother comforts her child, so I will comfort you.”
 - Recite the verse at bedtime or meals.
4. Fairness Role-Play – Practicing real-life situations builds kids’ skills in empathy and decision-making.
 - Act out small scenarios (e.g. sharing toys, taking turns).
 - Talk about what fairness looks and feels like.
 - Ask, “What would Jesus do in this situation?”

5. Truth and Justice Word Hunt – Word hunts help build vocabulary around justice and make learning interactive.
 - Choose five key words; justice, truth, peace, mercy, and fairness.
 - Challenge kids to find those words in a bible.
 - Children can write a definition of each word, or use a drawing to symbolize its meaning.
6. Family Book Club- Books spark conversations about standing up for what's right in a kid-friendly way.
 - *The Golden Rule*, *Martin's Big Words*, or *I Am Human* are all good books that focus on justice as a theme.
 - Talk about how the characters showed fairness or helped others.
7. Family Mission Statement – Mission statements are short statements that serve as great reminders about what is important.
 - As a family, write a short statement about how you will live and share your faith.
 - Get input from all family members and make sure everyone understands what it means.
 - An example of a mission statement is, “We are a family that prays, forgives, and shares God’s love.”
8. Faith Questions Jar – Children often have questions about their faith. It is important to devote time to properly answering them.
 - Place a jar in a common area of the home.
 - Invite children to write down any faith questions they have, no matter how difficult or uncomfortable.
 - At a designated time, use the questions as discussion topics. If a question can't be answered, visit with your pastor, or child's teacher.

Service-Oriented Activities

1. Comfort Basket – Teach children the importance of living out the Beatitudes, “Blessed are those who mourn, for they will be comforted.”
 - Put together a small basket with snacks, a prayer card, and cozy socks or a blanket.
 - Deliver it to someone who might be lonely or grieving.

An alternate activity is to make handmade cards with messages like, “God loves you” or “You are not alone.” Send the cards to relatives or parishioners who could use some encouragement.
2. Helping Hands of Hope – Demonstrate to children that consolation comes in many forms.
 - Each day, do something helpful for someone in the family: fold laundry, set the table, offer a hug.
 - Write each act of kindness on a paper heart and tape them up as a reminder of the importance of showing love to others by helping.

An alternate activity might be to call a grandparent, or parishioner. Have each child say something kind.

3. Prayer Pals – Reinforce the value of praying of others.
 - Choose one person, outside of the home, to pray for all week.
 - Invite children to draw a picture, or write a note, to let that person know they are being prayed for.
4. Thank a Justice Worker – Teach children to show appreciation for those who help others.
 - Choose a charity that supports refugees, human rights, or children in need.
 - As a family, donate money, or items, and pray for the people it serves. Families can raise the money by putting money into a jar every time a family member makes a just, or fair choice.

An alternative activity is to write thank-you notes or draw pictures for local public defenders, legal aid workers, or those who advocate for justice in the community.

5. Kindness Court – Children can practice decision-making and empathy through role-play.
 - Hold a family “Kindness Court”.
 - One person can share a problem (e.g. someone being left out) and the rest of the family members can offer fair and kind solutions.
6. Thank a Catechist – Honor faith mentors with simple, heartfelt gratitude.
 - Express appreciation to catechists for helping others grow in faith.
 - Make cards, or baked goods, for a catechist, religion teacher, or parish volunteer.
7. Family Acts of Kindness – Teach other’s about God’s love through acts of kindness.
 - Each day, perform a small active of kindness.
 - Children can help a sibling, pray for a friend, or give a compliment.
8. Bible Verse Post-It Project – Share faith in a gentle way.
 - Write inspiring Bible verses on sticky notes and leave them in public places.
 - Notes can be left at the library, playground or grocery store.
9. Home Faith Leader Day – Empower children to take part in sharing their faith with others.
 - Take turns being the “faith leader” of the day.
 - The faith leader can pick the prayer before dinner, choose a verse to read, and/or lead a bedtime blessing.

Legacy Projects

1. Memory Box – Decorate a box to hold comforting memories.
 - Fill the box with prayers, drawings, and comforting scriptures. Add to it throughout the year.
 - Look through the box whenever someone needs a reminder of love.

2. Consolation Stones – Create beautiful symbols of God’s love.
 - Paint rocks with words like “Hope”, “Peace”, “Love”, etc.
 - Place the rocks in a prayer garden or give them as gifts.
3. Justice Wall – Devote an area in the home to focus on justice.
 - Post Bible verses, quotes from saints, or news-clippings about people doing the right thing.
 - Add drawings, or photos, to show how your family values justice.
4. “Speak Up” Diary – Teach children to be advocates for others.
 - Keep a journal in which children write about one time during the week when they noticed unfairness, or stood up for someone.
 - Review the journal at the end of the week and celebrate the courage of family members.
5. Faith Memories – Help children record and remember their spiritual growth.
 - Create a scrapbook with pictures, drawings, and notes about your child’s faith journey (e.g. baptism, First Communion, favorite prayers).
 - Record short videos where each family member shares one thing they love about being Catholic or a favorite prayer.
6. Scripture Quilt – Use felt or fabric squares to create a small “comfort” blanket.
 - Some squares can contain favorite Bible verses or faith values (e.g. love, truth, hope, etc.).
 - Other squares can represent things that make your child feel safe and loved.

Creative Celebrations

1. Comfort Family Night – Build memories of time together as a family as a time of comfort.
 - Cook your family’s favorite “comfort” meal together.
 - As you eat, talk about ways that God brings us comfort.
 - Discuss ways that family members can bring comfort to others.
 - After dinner, have a relaxing evening where everyone wears pajamas.
 - Play soft music and spend time together.
2. Hope Lanterns – Create a simple way to spread God’s light.
 - Make simple lanterns out of paper. (You can make the paper into a cone so that it will stand up.)
 - Write comforting Bible verses or prayers on the lanterns.
 - Use LED candles and place them around the home.
3. Truth Rocks – Design beautiful reminders of fairness and integrity.
 - Paint rocks with words of fairness and justice.
 - Leave the rocks around the neighborhood for others to find.
4. Catechist Appreciation Party – Give thanks to those who helps us grow in faith.
 - Host a simple family dinner or dessert night.
 - Invite a priest, RE teacher, school teacher, youth minister, or other catechist.

- Play music, say prayers, and give thanks to those who dedicate their time in teaching others.
5. Create a Rosary – Making their own Rosary will help young ones understand the structure of this beautiful way to pray.
 - Use beads, paper, or cereal to make a large rosary.
 - Pray one decade together and hang it in a special place.
 6. Bible Verse Collage- Fun, hands-on activities help children learn important information.
 - Let each child choose a favorite Bible verse.
 - Write it down and have the children decorate with drawings or stickers.
 - Post the verse on the fridge or in the children's bedrooms.