

Formation Family Meeting # 2 November 2025

Family Follow-Up Activities

The themes for the month were Thanksgiving and Advent – the season of preparation. Please choose at least one activity from each of the 2 groups below.

Thanksgiving:

Psalm 9:1-2 "I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds".

Thanksgiving activities options:

- 1- Complete this prayer of thanks to God:
"Thank you, God, for blessing me with ..." and say it every night before bed.
- 2- Tell or send a message to someone that you are particularly thankful for this year and tell them why.
- 3- Go to Mass on Sunday and offer all your prayers during the Mass for someone you are thankful for because they have made a difference in your life.
- 4- Watch video on thankfulness and tell what the message was.
<https://www.youtube.com/watch?v=dXtGJO-Q9m0>

Advent:

Advent activities options:

- 1- Watch this video on what is advent. What did you learn that you didn't already know about advent?
<https://www.youtube.com/watch?v=RfN7ucvUx4s>
- 2- Will you be using an advent calendar this year? Tell us about what the calendar is leading up to. Say a prayer each day you open a door.
- 3- Learn what do the four candles of the advent wreath represent? What colors are they? In what order are they lit?

Bonus Activity: Have your family make their own advent wreath!

When you are done, please use this link to submit your follow up activities!

<https://stbernardrc.ccbchurch.com/goto/forms/111/responses/new>