

NATIONAL DAY OF PRAYER FOR THE AFRICAN AMERICAN AND AFRICAN FAMILY

On this National Day of Prayer, take a moment to initiate a family tradition that fosters deeper connections and strengthens your bonds.

- Gather your family around the dinner table and take turns sharing something positive about each person. This simple practice of giving affirmations can lift everyone's spirits and create a loving, appreciative atmosphere.
- Plan a family walk or outing to embrace the beauty of nature together. Use this time to reflect on the blessings in your lives and express gratitude for one another.
- Set up a family prayer or gratitude jar. Encourage every family member to write down their hopes, prayers, or things they are thankful for and place them in the jar. At Sunday dinner, open the jar and read the messages, and pray for the intentions.
- Arrange for a mass to be said for your family. This can typically be done through your parish and usually involves a small donation.
- Establish a "Family Prayer Call" for families that are spread out. Choose a specific day and time, whether weekly or monthly, and commit to it!



Therefore, you shall love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength. Take to heart these words which I command you today. Keep repeating them to your children. Recite them when you are at home and when you are away, when you lie down and when you get up.

Deuteronomy 6:6-7 NABRE

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Your family can engage in several meaningful activities to serve your neighbors and exemplify love and charity for your children. These actions not only provide tangible help but also instill valuable lessons of compassion and empathy in your children.

- As a family or within your neighborhood, hold a small gathering to come together to pray for those affected by recent natural disasters and discuss ways to offer support.
- Start a “Blanket Ministry” by accepting donations of blankets for the homeless. Contact your local Catholic Charities office for information about its Caring Connections Program.
- Prepare care packages with essential items such as non-perishable food, toiletries, and clean clothing in good condition, and distribute them to local shelters or directly to families in need. Catholic Charities accepts donations to assist the homeless and those impacted by natural disasters.
- Encourage your children to participate by making heartfelt cards or drawings to accompany the care packages, spreading messages of hope and solidarity.
- Clean out closets and drawers for donations. Kids can help go through their clothing, shoes, and toys, selecting things that are clean and gently-used to give away. Sort through kitchen utensil drawers and donate duplicate items.
- Make/send Valentine’s Cards and messages to those people you know who are facing challenges. Kids will especially love doing this! Walmart and Target Gift Cards are always welcomed.
- Donate children's and youth books to those in evacuation centers. The Red Cross lists shelters by impacted area, and you can find the addresses [here](#).
- Volunteer as a family at a local food bank or community center to provide hands-on assistance and foster a spirit of giving.



‘Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.’

Matthew 25:40 NABRE