



# FAITH AT HOME

## Making Faith Come Alive for Your Family



### Prepare for Mass and grow in the faith by...

- learning about the [Feast of the Transfiguration](#) of our Lord on August 6<sup>th</sup>.
- celebrating the [Feast of the Assumption of Mary](#) on August 15<sup>th</sup>. Pray a [Hail Mary](#) each day.
- getting to know some of the saints of August: [St. Maximilian Kolbe](#) and [St. Augustine](#) and his mother, [St. Monica](#).
- returning to in person Mass at your home parish. [Read here for the latest guidelines](#). [How to return to Mass after you haven't been in a while](#).
- praying an [Our Father](#) together with your family each day.



### Making the Faith come alive for:

Check the links below (updated monthly)



#### Young Adults

Young people between the ages 18 and 39 are part of the young adult community and experience a variety of life stages. [Learn More >](#)



#### Newly Married

Two people coming together to form something completely new - a brand new family where one didn't exist before. [Learn More >](#)



#### Families with Young Children

Becoming parents for the first time-- a tremendous blessing but also a tremendous challenge. This is for parents with children who are between 0-5 years old. [Learn More >](#)



#### Families School-Aged Children

Catholic families with school-aged children (6-12 years old) a diverse group, but all have the same basic goal: to form loving, caring relationships and provide a solid foundation for children so they can reach their full human potential. [Learn More >](#)



#### Families with Adolescents

Parents of teenagers (13-18 years old) who are dealing with so many pressures to raise purpose-driven, faith-filled kids. [Learn More >](#)



#### Single/Married Adults

Single adults or those who are married with no kids at home. Many parents have launched children and are entering into the "empty-nest" stage. [Learn More >](#)



#### Golden Years

Singles or couples in their golden years who've embraced their vocational calling and are now called to adjust to such changes as retirement, financial challenges, health issues, losing independence, and end-of-life issues. [Learn More >](#)

### AUGUST 2021 Sunday Mass Readings

To prepare for Mass, read the Gospel before you attend. Following Mass, discuss the question posted below with your family.

[August 1<sup>st</sup>](#) – "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst." (Jn 6:35) Do you often feel empty inside? What might you need to change in your life?

[August 8<sup>th</sup>](#) – "I am the living bread that came down from heaven; whoever eats this bread will live forever;" What are some of the ways we can prepare to celebrate the Eucharist so that we experience this sacrament more fully? When was the last time you went to confession?

[August 15<sup>th</sup>](#) - Elizabeth recognized Mary's great trust in God and said, "Blessed are you among women, and blessed is the fruit of your womb." Recognize these words? Let's take this time to thank God for our Blessed Mother and let's pray a Hail Mary.

[August 22<sup>nd</sup>](#) - Jesus asked his disciples, "Do you also want to leave?" How would we respond to that question? Can we answer as Simon Peter answered, "Master, to whom shall we go? You have the words of eternal life."?

[August 29<sup>th</sup>](#) – "Nothing that enters from outside can defile that person, but the things that come out from within are what defile." What is in our hearts that may defile us? How can we make a change in those habits?

The readings of the day can be found on the [United States Catholic Conference of Bishops Website](#)

The Diocese of Trenton is here to support you and your family.

Links provided are from trusted Catholic sites. Additional information can be found on our webpage: [dioceseoftrenton.org/faith-at-home](http://dioceseoftrenton.org/faith-at-home).

