

**National Catholic  
Partnership on Disability**  
**Alianza Nacional Católica  
sobre la Discapacidad**

## **Adapted Faith Formation Activities for December**

**Council on Intellectual and Developmental Disabilities**

# Family Faith Formation



“The witness of Christian life given by parents in the family comes to children with tenderness and parental respect. Children thus perceive and joyously live the closeness of God and of Jesus made manifest by their parents in such a way that the first Christian experience frequently leaves decisive traces which last throughout life.”

***General Directory for Catechesis*** #226



# Four Keys for Practicing Faith

- **Caring Conversations**
- **Family Devotions and Prayer**
- **Family Rituals and Traditions**
- **Family Service**

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# December Monthly Activity

## Loving Our Families

**For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.**

*John 3:16*

During the month of December, consider having conversations regarding how family members can express God's love for one another.



# December Monthly Activity

## Loving Our Families

### CARING CONVERSATIONS

Jesus is God's gift to us.  
How can family members  
be God's gift to each  
other?



# December Monthly Activity

## Loving Our Families

Instead of buying a Christmas present, share the gift of being Christ-like with loved ones.

Family members can complete the following.

Write what you will do to show God's love. The "gift cards" may be decorated and exchanged with loved ones.



# December Monthly Activity

## *The Holy Family*



Images from: [clipart-library.com](http://clipart-library.com)

# FAMILY DEVOTION AND PRAYER

## *The Holy Family*

### **Jesus, Mary, and Joseph are All Praying for Us**



While together on earth, Jesus, Mary, and Joseph prayed together as a family.

Today, the *Holy Family* continue to pray for each of us from heaven. When families pray together, they learn more about their faith and how to be a follower of Jesus Christ in their daily lives.

# FAMILY DEVOTION AND PRAYER

## *The Holy Family*

Prayer can take many forms:

Reciting formal prayers

Saying grace before a meal



Asking for special intentions

Reading the Bible

# FAMILY DEVOTION AND PRAYER

## *The Holy Family*

Read the Bible narratives of Jesus' birth  
(**Matthew 1: 18-25; Luke 2: 1-20**).

Family members can take turns reading or acting out portions of these Gospels.

Another option is for loved ones to point to or hold onto a picture that corresponds with what is being read.



# FAMILY DEVOTION AND PRAYER



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# FAMILY DEVOTION AND PRAYER

## *The Holy Family*

### **Additional Resources:**

Free printable Catholic Christmas prayer cards can be found at:

<https://www.sadlier.com/religion/blog/printable-catholic-christmas-prayers>

<https://www.catholic.org/prayers/prayer.php?p=345>



# FAMILY RITUAL AND TRADITION

## MAKING MEMORIES

- ❖ Keep things simple and calm.
- ❖ As a family create your own traditions.
- ❖ Make them predictable, fun, and simple.
- ❖ Cherish family and close friends.
- ❖ Emphasize faith over secular culture.
- ❖ Remember love is more important than things.



# FAMILY RITUAL AND TRADITION

## Celebrate special Saint Feast Days

St. Nicholas ~ December 6

Feast of the Immaculate Conception ~ December 8

St. Juan Diego and Our Lady of Guadalupe ~ December  
9 and December 12

St. Lucy ~ December 13





Is decorating your home a tradition?

This year include hand-made items that remind everyone of Jesus' presence in our lives.

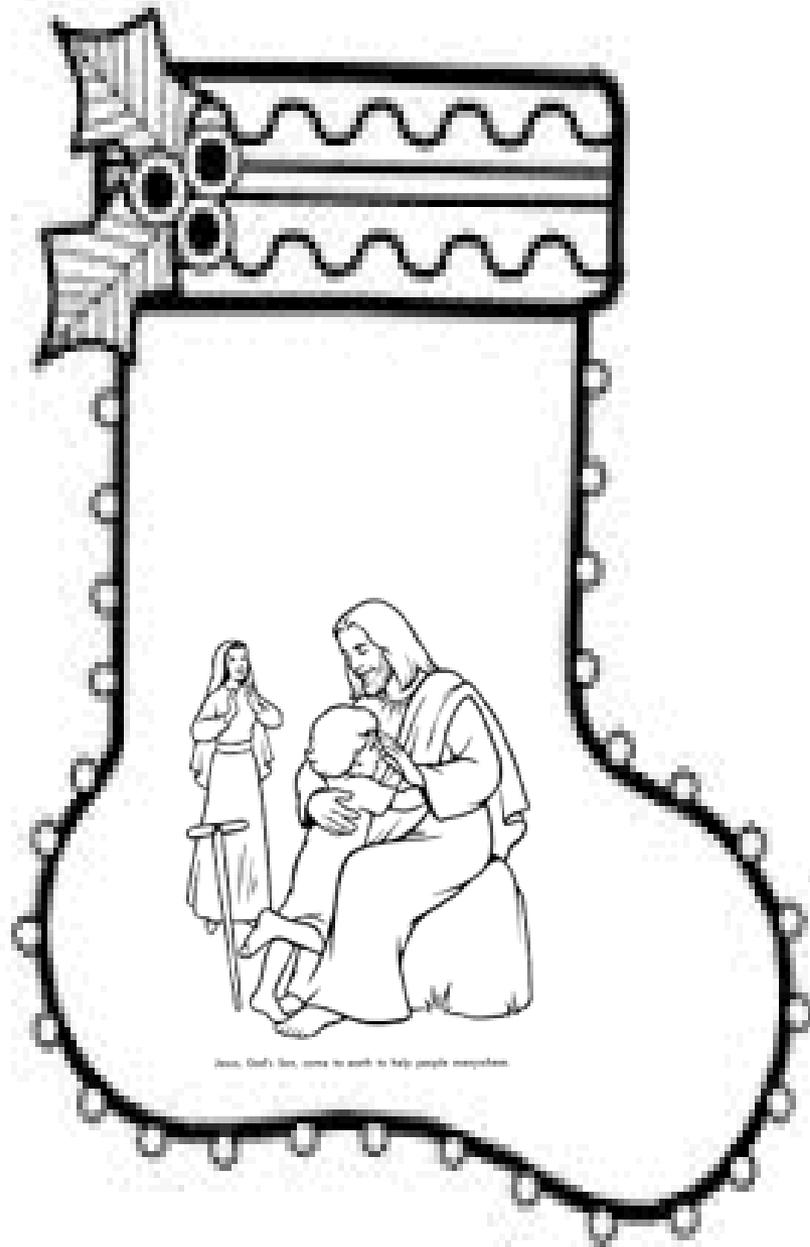
# FAMILY RITUAL AND TRADITION (cont.)

Family members can cut out and decorate the following ornaments or create some of their own design.

One side of the ornament can depict a moment of Jesus' time on earth.

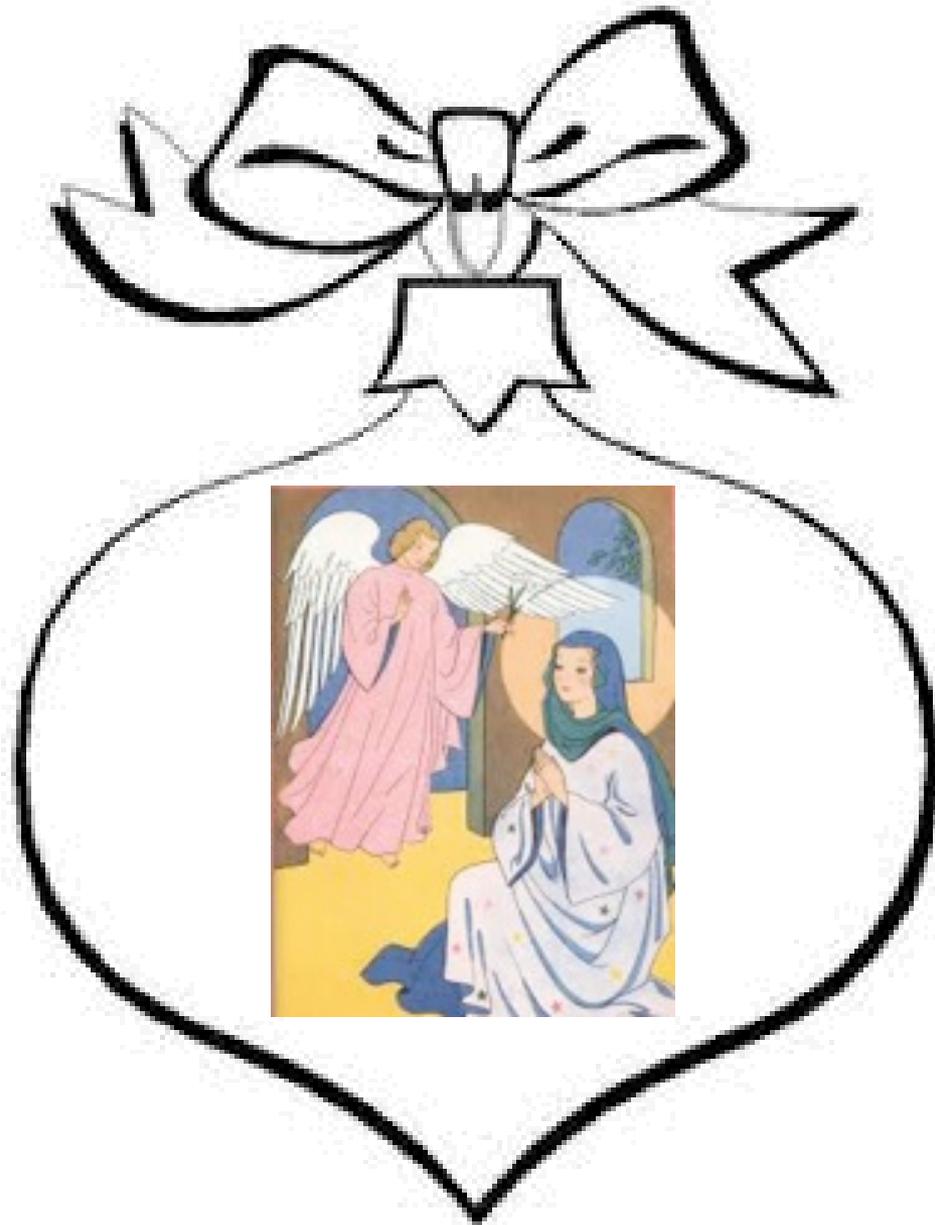
The other side of the ornament can note what that moment means in our lives today.



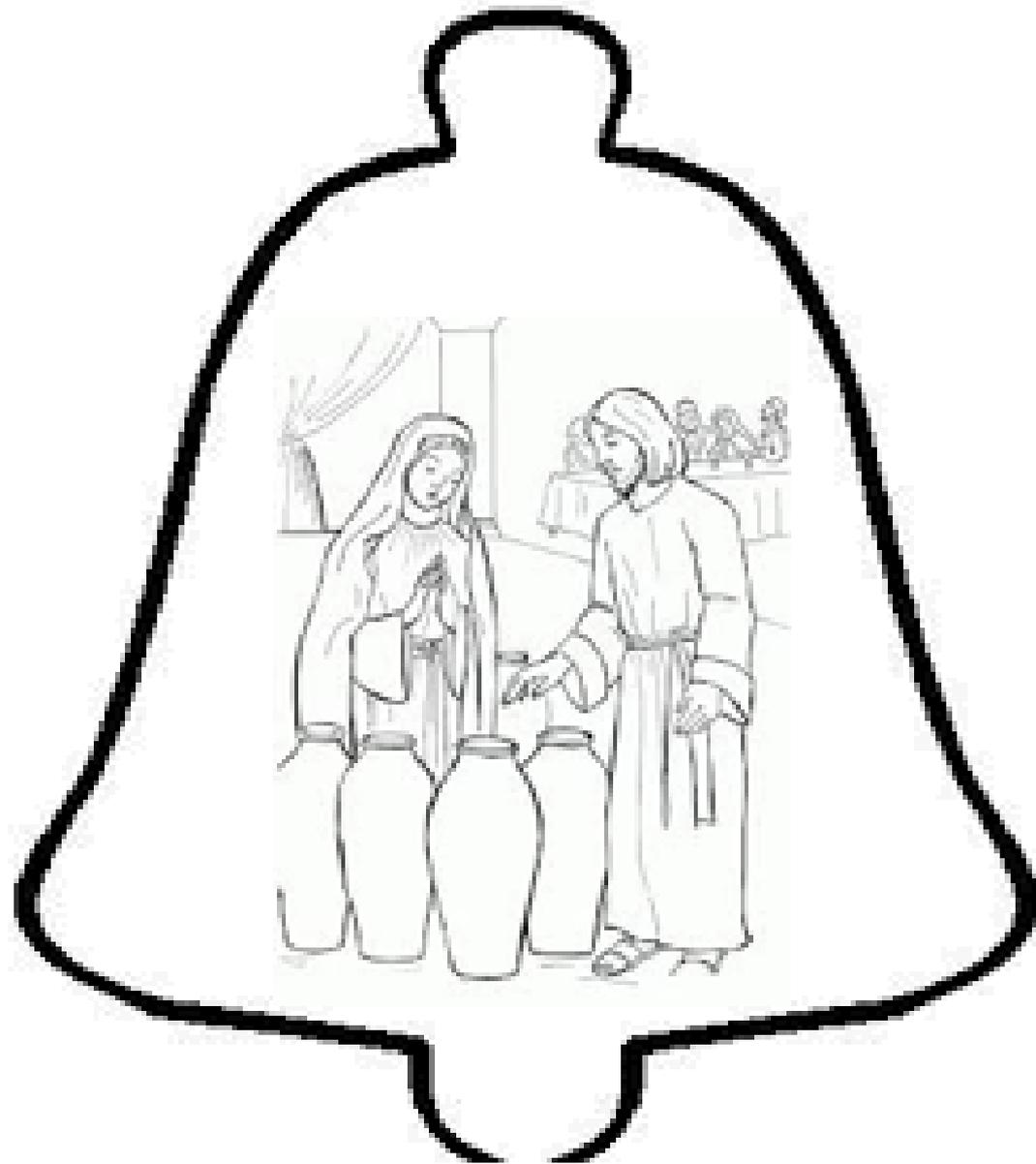


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## FAMILY RITUAL AND TRADITION (cont.)

Family members may share with each other the ornament they chose to cut out and color and how it relates to them as an individual or as a family.



# FAMILY SERVICE

## God Loves Families of All Kinds

God sent Jesus from heaven to share His love and blessings with all people.

Throughout Advent, we prepare for the arrival of Jesus on Christmas Day. One way we can prepare for Jesus' arrival is by bringing a bit of His love and blessings into the lives of others.





Service is a reflection of Jesus' love, kindness, and spirituality; it may be a simple gesture or something that is more involved.

Throughout December, try doing a service act once a day. Examples are:



# FAMILY SERVICE

1. Compliment someone for a job well done.
2. Let someone ahead of you in line.
3. Make someone something to eat.
4. Share a treat with friends.
5. Help with a chore at home, school, or work.



# FAMILY SERVICE

6. Read a bible story instead of watching a TV show or playing a computer game.
7. Draw a picture of the Nativity.
8. Talk to someone who is sitting alone.
9. Make a Christmas card for someone who may be lonely.
10. Thank someone for the things they do for you.



# FAMILY SERVICE (cont.)

11. Support a local business.
12. Write a note complimenting someone on what you love about them.
13. Donate household items, food, clothes, toys to an organization that helps those in need.
14. Make a homemade gift for someone.
15. Watch a movie about Jesus' birth.



# FAMILY SERVICE (cont.)

16. Be considerate of others while driving or waiting in line.
17. Pay for a stranger's coffee.
18. Start a collection for a charity.
19. Include someone in an activity who is by him/herself.
20. Leave happy notes in stores, on cars, at school or work.



# FAMILY SERVICE (cont.)

21. Say an extra prayer for someone.
22. Wave to others and wish them a Merry Christmas.
23. Sing Christmas carols in your neighborhood.
24. Help others prepare for Christmas.
25. Say something nice to someone who has hurt you.



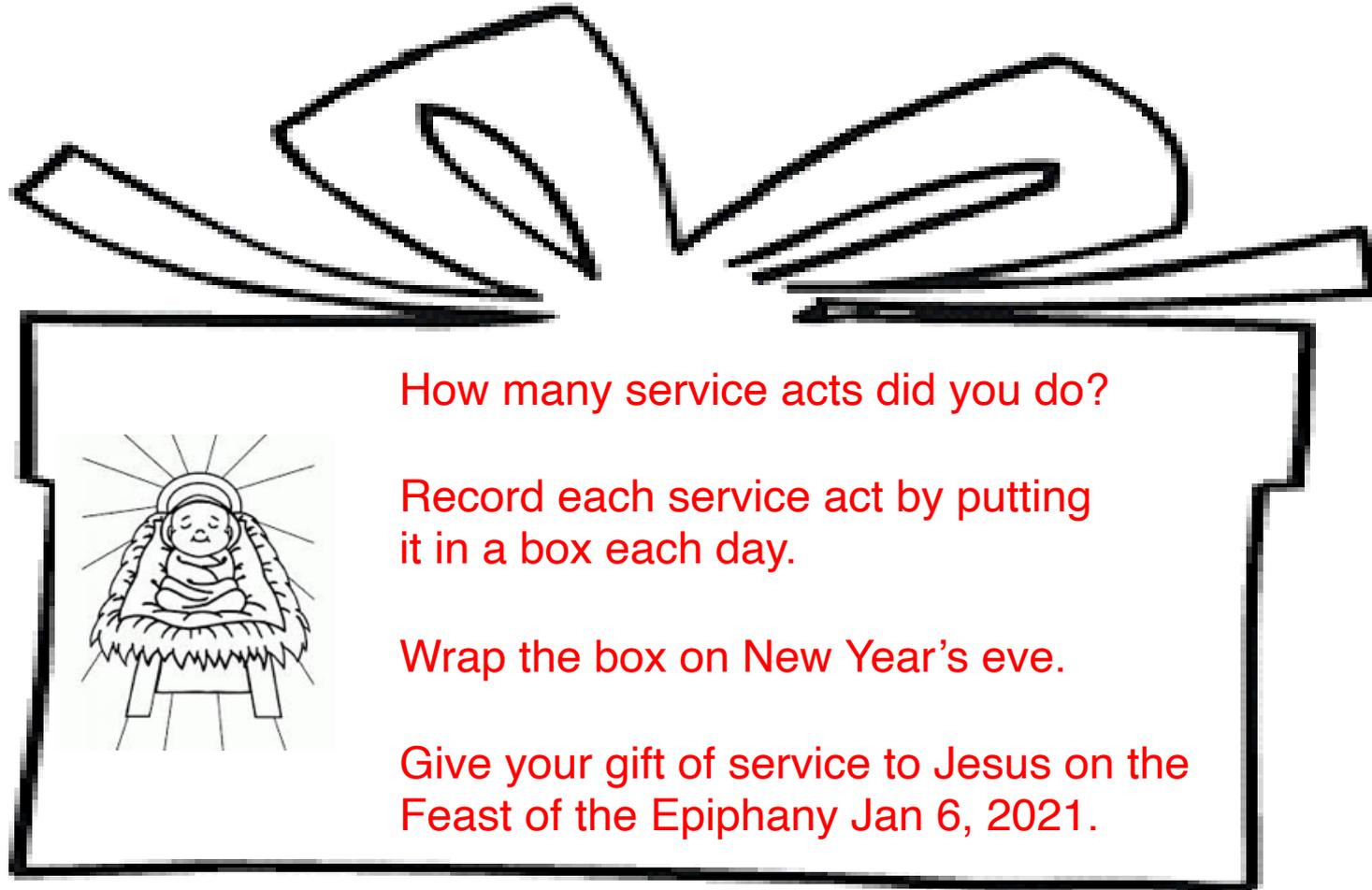
## FAMILY SERVICE (cont.)

26. Tell someone about the true meaning of Christmas.
27. Complete a chore without being asked and without complaining.
28. Make treats for volunteers or first responders.
29. Spend time with friends or family looking at old photos.
30. Make care coupons for your family and friends.



# Family Service

## *The Holy Family*



How many service acts did you do?

Record each service act by putting it in a box each day.

Wrap the box on New Year's eve.

Give your gift of service to Jesus on the Feast of the Epiphany Jan 6, 2021.

# Tips and Tools

## Having a Happy Heart at the Holidays

The holidays often bring change and with that routines can often be forgotten.

However, this is the time when routine becomes even more important, it allows for understanding and the ability to know what to expect.

The following guidelines should help:



# Tips and Tools

## Consistency and Routines

Communicate changes in the schedule.

Let children/adults with disabilities be a part of the planning process.

Understand their likes and dislikes, tailor experience to meet those needs.

Manage expectations and accept imperfection.

Remember to ask for help when needed, you are not alone.

Breathe, Pray, Repeat.



# Tips and Tools

## Keep it Simple

Make it fun, enjoyable and as simple as possible.

Do not over stress, humans are social beings and thrive off each others energy.

You know your family members the best, do what feels right to you.

If they get overstimulated easily, reduce the amount of stimulation (sound, lights, etc.)



# Tips and Tools

## Keep it Simple

Let everyone help.

Understand that everyone has their own way of doing something.

Do not stress the little things. Especially when it comes to decorating.

If a child does not like surprises, don't wrap gifts-use a bow instead.

Remember the reason for the season:

**Spreading kindness, joy, and the good news of the Gospel.**



# Tips and Tools

Make safe and healthy choices



# USCCB Scripture Resources

Daily Readings:

[English Daily Readings Audio](#)

[Video Reflection](#)

Click on the links above to reflect on Scripture by reading, listening or viewing the reading.



# National Catholic Partnership on Disability

## Council on Intellectual and Developmental Disabilities

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For more information please visit [The National Catholic Partnership on Disability](#)

[NCPD Council on Intellectual and Developmental Disabilities](#)

The CIDD is thankful for contributions from:

Archdiocese of Galveston-Houston and Portland

**Please support NCPD to continue developing resources to grow our faith [by clicking here!](#)**

