



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

Adapted Faith Formation Lessons for August

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**

<https://2nix922u0v5c1unycf149lry-wpengine.netdna-ssl.com/wp-content/uploads/2020/02/four-keys-for-practicing-the-faith-printout.pdf>



August Monthly Activity

The Transfiguration of Jesus *Jesus is God and Man*

CARING CONVERSATIONS

Ask a family member to read Matthew 17:1-8 out loud to the rest of the family. After the reading is completed, discuss how Jesus is both God and man.

Coloring Activity

Color a picture that depicts the Transfiguration of Jesus. Refer to the illustration when reading the Bible verse and discussing how Jesus is both God and man.



August Monthly Activity



(www.clipart-library.com.)



August Monthly Activity

Matching Activity

Directions:

- cut out the headings “Jesus is God” & “Jesus is Man”
- cut out each of the Bible verses
- select a verse and read it out loud
- decide if the verse is an example of Jesus as God or Jesus as man
- place the verse under the appropriate heading

Options:

- print the verses & headings in color; then match by the corresponding color
- challenge family members to find additional verses illustrating Jesus as God and man



August Monthly Activity

Jesus is God



Jesus is man



August Monthly Activity

Jesus is God

Jesus is man

While they were there, the time came for her to have her child, and she gave birth to her firstborn son. She wrapped him swaddling clothes and laid him in a manger, because there was no room for them in the inn. (Luke 2:6-7)

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When Jesus began his ministry he was about thirty years of age. (Luke 3:23)



August Monthly Activity

And as Jesus passed on from there, two blind men followed [him], crying out, “Son of David, have pity on us!” When he entered the house, the blind men approached him and Jesus said to them, “Do you believe that I can do this?” “Yes, Lord,” they said to him. Then he touched their eyes and said, “Let it be done for you according to your faith.” And their eyes were open. (Matthew 9:27-30)

Then Jesus took the loaves, gave thanks and distributed them to those who were reclining, and also as much of the fish as they wanted. When they had their fill, he said to his disciples, “Gather the fragments left over, so that nothing will be wasted.” So they collected them, and filled twelve wicker baskets. (John 6:11-13)

A leper came to him [and kneeling down] begged him and said, “If you wish, you can make me clean.” Moved with pity, he stretched out his hand, touched him, and said to him, “I do will it. Be made clean.” The leprosy left him immediately, and he was made clean. (Mark 1:40-42)

FAMILY DEVOTION AND PRAYER

“This is my beloved Son, with whom I am well pleased; listen to him.”
Matthew 17:5

- ❖ Fast from television, social media, music, or electronics altogether for one day.
- ❖ Ask the Lord to use the quiet and stillness to bring you more closely to him so that you may hear his voice.
- ❖ As a family, create your own prayer or recite one of the following:



FAMILY DEVOTION AND PRAYER

“This is my beloved Son, with whom I am well pleased; listen to him.”
Matthew 17:5



Lord Jesus Christ, I thank you for always listening to me and guiding me in spirit, to follow your Word and to enjoy what you have given to me in this life from your providence. Lord God, I pray that I hear your voice today as you guide, guard, protect, direct and govern me.
Lord God, you have told us that you will draw close to us when we draw closer to you.
I therefore draw closer to you so that I can hear from you, know you more and obey any instruction that you will whisper into my ear.

<https://catholicreadings.org/catholic-prayers/prayer-to-hear-gods-voice/>



FAMILY DEVOTION AND PRAYER (con't.)

“This is my beloved Son, with whom I am well pleased; listen to him.”
Matthew 17:5



Merciful Lord,
you are never weary of
speaking to my poor heart.
Grant me grace that, if today
I hear your voice,
my heart may not be
hardened.

<https://praycatholic.wordpress.com/special/grace-to-hear-gods-voice/>



FAMILY RITUAL AND TRADITION

<https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2020-08-06>

- In the Russian Orthodox Church, honey, pears, apples, plums and other fruits are brought to the church for blessing. This feast is also referred to as "Metamorphosis" in the Eastern Church.



- The Transfiguration was another "first fruits" harvest feast particularly of grapes and wheat. The Roman Ritual has a blessing of grapes and blessing of the harvest for this feast.



FAMILY RITUAL AND TRADITION (con't.)

<https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2020-08-06>

Emphasize the brilliant white of the garments by decorating with white (tablecloth, candles, etc.) and serving some white foods (mash potatoes, vanilla ice cream, Mexican wedding cookies, meringues, etc.) can bring to mind the dazzling white.



FAMILY RITUAL AND TRADITION (con't.)

(<https://www.catholicculture.org/culture/liturgicalyear/calendar/day.cfm?date=2020-08-06>)

Having Moses and Elijah at the Transfiguration is a reminder of the Old Testament. Bring in some Jewish recipes or foods to highlight this aspect of the feast day.

<https://www.jewishfoodsociety.org/>



FAMILY SERVICE

Be doers of the Word and not hearers only, deluding yourselves. James 1:22

Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me. Matthew 25:40

Families can grow in their faith by determining a service activity that they can complete together.

Look for projects that can be safely completed at home or in your community.

Following are ideas for family service activities:



FAMILY SERVICE (con't.)

- Make cards for residents at a nursing home.
- Collect gently used clothing and toys to donate to a shelter.
- Do yard work for a neighbor.
- Collect and donate items for a food pantry.
- Draw pictures for first responders and drop off at your local station.
- Decorate small rocks with crosses to leave in the park for others to find.
- Pray for individuals affected by COVID.
- Donate used books to a children's library.
- Create bird feeders for your neighborhood.

(See following example found at [pinterest.com](https://www.pinterest.com))



FAMILY SERVICE (con't.)



DIY COOKIE CUTTER BIRD FEEDERS



MATERIALS

3/4 cup small birdseed

1 packet of unflavored gelatin

1/4 cup water

Twine

Christmas cookie cutters

Parchment paper

Straw

FAMILY SERVICE (con't.)

- DIRECTIONS -

1. Bring water to a boil over medium heat.
2. Add in packet of unflavored gelatin.
3. Stir until gelatin is dissolved (1-2 minutes).
4. Take gelatin off heat & let set a few minutes.
5. Stir in bird seed.
6. Place cookie cutters on a piece of parchment paper.
7. Scoop the bird seed into cookie cutters, and using another piece of parchment paper, press the birdseed down.
8. Stick a straw in the top of each filled cookie cutter to create a small hole.
9. Set cookie cutters in the freezer for 20 minutes.
10. Remove cookie cutters from the freezer, and let them sit in room temperature for approximately 10 minutes.
11. Carefully push the bird seed feeders out of the cookie cutters.
12. Thread a piece of twine through the hole at the top of the bird seed feeder and tie it into a loop.
13. Give as a gift or hang one on a tree, and enjoy!



USCCB Scripture Resources

Daily Readings:

[English](#) | [Daily Readings Audio](#)

[Video Reflection](#)

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



Tips and Tools

The word
LISTEN
contains
the same letters
as the word
SILENT.

— Alfred Brendel

For some individuals, the act of listening and hearing may be challenging due to a variety of reasons. Some of these reasons may include auditory processing difficulties, attention deficits, and hearing impairments. Following are tips which may be useful:



Tips and Tools

- ❖ Keep oral information brief, allowing the individual time to process the information before moving on to new or additional information (e.g., “one thing at a time”).
- ❖ Pair oral comments with visual aids (e.g., show a picture of what is being discussed).
- ❖ Make sure the individual is attending/paying attention before engaging in conversation.
- ❖ If the individual does not understand what is being said, try saying it in a different way (e.g., rephrase; don’t just repeat the same words).
- ❖ Sign language may be beneficial for individuals with or without hearing impairments. Consider incorporating sign language into your conversation (e.g., www.handspeak.com has a free ASL Sign Language Dictionary which includes videos of how to sign individual words).



National Catholic Partnership on Disability

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

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

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