


January 2020 Wellness Activity Calendar

This Month's Theme: Miracles of Jesus

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|---|---|
|  |  |  | 1 Feast of the Solemnity of Mary Learn to draw Baby Jesus and Mary and Joseph. CLICK HERE for Baby Jesus CLICK HERE for Mary & Joseph | 2 Read Jesus' first miracle at Cana in John 2:1-11. Make grape juice with frozen grape juice concentrate and water. | 3 Watch a short video with Jesus changing water into wine. CLICK HERE Share a time you went to a wedding. | 4 Dance to your three favorite songs, especially songs that are played at a wedding (Chicken Dance, Electric Slide and a Polka dance for examples!) |
| 5 Water Prayer Service – go to CLICK HERE (scroll to page 12 – Water of Life). You will need a large bowl, water and small cups. | 6 Read about Water and the United Nations. CLICK HERE Make a list of ways you can conserve water in your house. | 7 Take a cold shower today. Talk about why a cold shower helps conserve energy (less electricity to warm water, shorter shower-so less water used, etc.). | 8 Frozen water (ice) is fun to slide on. Take two paper plates and put them on the floor. Pretend to ice skate around the kitchen table or down the hallway. | 9 Jesus feeds 5,000. Read the miracle story at Matthew 15:29-39, Mark 6:31-44, Luke 9:10-17 or John 6:1-14. | 10 Watch a video of Jesus feeding the 5,000 at CLICK HERE or CLICK HERE | 11 Find a recipe to make fresh bread and make it as a family. Serve the fresh bread with fish for a meal today. Try a new kind of fish too! |
| 12 Play the card game, Go Fish, and each time a player gets a match, they must do 12 jumping jacks or 12 squats, 12 second running in place or 12 toe touches. | 13 Gather 12 friends this week and collect food from them to donate to a food pantry or to your church. | 14 Share a time you thought that something was just impossible to do (like the Apostles did in the Feeding of 5,000). How did you trust in God help you? | 15 People came from near and far to hear Jesus speak. If it is nice outside, go for a walk. If you must walk inside, pretend to walk up and down hills throughout the house. | 16 Pretend you are going fishing. Each fish you catch is bigger than the fish before. Xi catches a minnow. Dru catches a perch. Sid catches a trout. Throw them back! | 17 Read the miracle of Jesus walking on water (and Peter trying it too). Mark 6:45-52 or John 6:16-21. | 18 Watch the story of Jesus and Peter walking on water. CLICK HERE |
| 19 Donate the food you collected last week from 12 friends. Make up a sharing and caring about others song to sing this week. | 20 Fill a sink or a large bowl with water. Find 10 items you think will sink or float. Predict sinking or floating and try them. Clean up after you are done. Dry the items. | 21 Peter was afraid to walk on water to reach Jesus. Share with your family one of your biggest fears. What if the opposite were true? I don't like spiders. I do like spiders. | 22 Sing and dance to "Walk on Water" song. CLICK HERE Try it twice. It is fun! | 23 Leap around the room. Use both feet and then only your left foot. Try it once more with only your right foot. Can you leap to Jesus as He walks on water? Trust Him! | 24 Make a list of people you trust. Why do you trust each one of them? Can your family help you add a few more people to your list? | 25 Read one more miracle Jesus performed: Healing the Blind Man. Find it at John 9:1-11 or Mark 8:22-26. |
| 26 Watch a video about Jesus healing a blind man. CLICK HERE Go to the public library and find books about people overcoming their disabilities. | 27 Play blindfold games like Pin the Tail on the Donkey or Blind Man's Bluff. Google "Blindfold Party Games" for more ideas. | 28 Have someone walk you around the room while you are wearing a blindfold. How does it feel to be blind? Some people do not get to take off a blindfold. Pray for them! | 29 How observant are you? Find a picture in a magazine or book. Spend <u>one</u> minute looking at it. Take it away and name as many things as you can remember about it. | 30 Sing and exercise to the "Blind Man Sat by the Road" Song. 1 st verse: Clap hands and march. 2 nd verse: Jumping jacks. 3 rd verse: Squat and then jump up. | 31 Think times that Jesus said a prayer for something that seemed impossible. Write a prayer of Thanksgiving to Jesus. Pray it before bed. |  |

GRACE is growing healthy ~ Body, Mind and Spirit ~ in our families!

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List of this Month's Web Page Addresses

| Date | Address | Date | Address |
|-------------|--|--------------|--|
| Jan 1 #1 | How to Draw Baby Jesus https://www.youtube.com/watch?v=uglci5qlnUI | Jan 10 #1 | The Feeding of the 5,000 https://www.youtube.com/watch?v=UtrjViTgPHs |
| Jan 1 #2 | How to Draw Mary and Joseph https://www.youtube.com/watch?v=FW0yohMrQu8 | Jan 10 #2 | Jesus Feeds 5,000 https://www.youtube.com/watch?v=EYmJzAo9KbY |
| Jan 3 | Jesus Turns Water Into Wine https://www.youtube.com/watch?v=7pIJa_qnVug | Jan 18 | God's Story: Peter Walks on Water https://www.youtube.com/watch?v=HG6I4fkB6wE |
| Jan 5 | Water of Life http://www.churchofscotland.org.uk/__data/assets/pdf_file/0003/37092/Creative_Prayer_ideas_Bristol_Diocese.pdf | Jan 22 | Walk on Water Family Force 5 Motions https://www.youtube.com/watch?v=IzZeNVPPhnig |
| Jan 6 | The UN and Water https://www.un.org/en/sections/issues-depth/water/index.html | Jan 26 | Jesus Heals the Blind Man Animation Video https://www.youtube.com/watch?v=Uo9ILFTVdhQ&t=1s |

The Miracle Prayer

Lord Jesus, I come before you, just as I am, I am sorry for my sins, I repent of my sins, please forgive me. In your Name, I forgive all others for what they have done against me. I renounce Satan, the evil spirits and all their works. I give you my entire self, Lord Jesus, now and forever. I invite you into my life, Jesus. I accept you as my Lord, God and Savior. Heal me, change me, strengthen me in body, soul, and spirit.

Come Lord Jesus, cover me with your Precious Blood, and fill me with your Holy Spirit. I love you Lord Jesus. I praise you Jesus. I thank you Jesus. I shall follow you every day of my life. Amen.

Mary, My Mother, Queen of Peace, St. Peregrine, the cancer saint, all the Angels and Saints, please help me. Amen.

● 9 SCHOOLS ● 23 PARISHES ● 1 COMMUNITY

Building academic excellence and life skills while growing in our Catholic faith.

