



# October Activities for Catholic Families



- 1. **Spend a day doing little things for God and others** in honor of the feast day of St. Therese “The Little Flower” (October 1<sup>st</sup>) - <http://bit.ly/ThereseLisieux>
- 2. **Enjoy angel food cake** (or another angel themed treat) for the feast of the Holy Guardian Angels. (October 2<sup>nd</sup>)
- 3. For the feast of the Holy Guardian Angels (October 2<sup>nd</sup>), **find your favorite angel craft to complete as a family.** (You can also work on memorizing the guardian angel prayer together.)
- 4. **Do something nice for animals** to celebrate the feast day of Saint Francis of Assisi (October 4<sup>th</sup>), such as building a bird feeder, putting out bread with peanut butter and bird seeds, take a dog to the park, or another favorite animal-related activity.
- 5. **Work on activity and coloring pages about St. Francis** (October 4<sup>th</sup>) <http://bit.ly/francis14>
- 6. **Go to a local farmers market** and buy everything you need to make a meal as a family. Talk about the blessings of harvest time and those who grow our food.
- 7. **October is dedicated to the Holy Rosary.** Make a full or single decade Rosary either as a family or each family member individually.
- 8. **Saint Ignatius of Antioch called himself the “wheat of Christ.”** Plant some winter wheat as a family. (October 17<sup>th</sup>)
- 9. **Spend the month doing read alouds from the Gospel according to Saint Luke** (or pick a few stories for younger children). Saint Luke’s feast day is October 18<sup>th</sup>.
- 10. Check to see if any local parishes will be doing a **Living Rosary** during October.
- 11. Consider picking a **religious themed Halloween costume this year**, such as a favorite saint.
- 12. Start planning this month for an **All Saints Day party or playgroup to celebrate All Saints Day** on November 1<sup>st</sup>. (It’s also a Holy Day of Obligation.)