



Day 3 --- Activity Sheet

Here is what your child experienced today CATHLETICS VBS ...

WHEELCHAIR
BASKETBALL

Prayer: Lord Jesus, we love you. Thank you all your graces, especially during the times we need them the most! Teach us how we can practice the 8 Beatitudes in our lives each day. Help us to remain strong in body, mind and spirit. Amen.

- The **Theme was "TRAINING HARD: Practicing the Beatitudes"** We explored the 8 Beatitudes and learned why it is important to put them into practice if we are going to become a Champion for Christ.

- The **Virtue of the Day was fortitude.** We had a fun virtue demonstration learning about fortitude. We placed a weight and a feather in front of a fan, one represented fortitude, and the other represented weakness. In our training to become champions for Christ, we learned how important it is to be strong in our faith.

- In the **faith station**, we learned another Bible verse song. Just as the Commandments teach us to love God and one another, so do the Beatitudes. The Beatitudes are 8 lessons that Jesus taught us. If we practice them, they will help us live an awesome, joyful life.

- The **Saint of the Day was Blessed Pier Giorgio Frassati.** Saint John Paul II named him, the "Man of the Beatitudes" because he lived the Beatitudes with all his heart.

- **Holy Hoe Down!** The kids loved the action songs today in **music.** Ask your child to sing and do some of the actions learned.

- In **Art** the kids continued to work on the special project...have they shared it with you yet or are they keeping it a secret for Friday?

- Is that sweat or water? In the **games station**, we played a couple of fun group games involving water to keep cool.

- In bonus the groups were able to express their Faith in pictures. Be sure to check out the pictures on the IC facebook page or <http://www.iccols.org/parish/VBS.html>

The 5th and 6th graders made over 180 sandwiches and snack bags for the Holy Family soup kitchen, which was greatly needed and appreciated by the homeless. The youth also learned some statistics about the hunger crisis...

- 42 million Americans struggle with hunger
- 13 million of those are children
- 5.4 million are seniors

More general questions to ask your child:

Which is your favorite Beatitude?

How are you going to practice fortitude?

What was the best thing that happened today at VBS?

The Bible Verse of the Day:

"I can do all things in Him who strengthens me."

Philippians 4:13

**repeat this scripture to your child a few times to see if they can memorize it or ask them to teach you the song they learned in the faith station.*

The VBS Challenge today is:

Ask your kid(s) to pray for a person that they've never prayed for before. For example, a kid at school that may be bullied, your favorite professional athlete, a babysitter, a Christian in another country who is being persecuted for their faith, a teacher, a priest, a seminarian or a missionary, etc...)

- Tomorrow's theme is: **"GAME ON: Living out the Fruits of the Spirit."**

Please note...pick up in the gym on Thursday due to a funeral luncheon in Marian Hall.

The week concludes with - family and friends are invited this Friday July 22 at 11am

If you have not already brought it in, don't forget your canned good donations for the food pantry!

