

The Church at Home

Diving Deeper

1. The definition of holiness from the episode was “set apart for a divine purpose.” Give examples of everyday items that are set apart for a purpose - ie fork, spoon, knife. Discuss this. What does it mean to be set apart? What is our divine purpose - as humans, as a family, as a class, as an individual person?
2. In the episode, Gaby says, “Holiness is achievable for ordinary people”. What are the ways that you see people around you achieving holiness in ordinary, everyday life? What are things you do each day that could be considered holy?
3. Why are we afraid of being “holy?” How does this limit our dreams and our happiness?
4. Think of some heroes in real life or in fiction - they could be sports heroes, superheroes, and saints. How do they demonstrate striving for the extraordinary in the ordinary? How can they show us that the little things in life matter and the little things become big things? Give examples.

Activities

Promoting the Common Good - Solidarity

First discuss what is solidarity. The common good - being responsible for all. What are ways that you as a class could live out the principle of Solidarity? First, you must take care of each other - what is the good of each individual in the class? Then what is the good of the class as a whole? Then what do you think your class is called to see in the world - who in the world needs your care? You are responsible for noticing and caring for others. Look into your parish's outreach ministries. Look into visiting a nearby nursing home. One of the easiest and most fun ways to promote solidarity as a teenager is to support families and marriages by organizing a parents' day out or a parents' night out. Teens can babysit for a few hours and plan games for the kids and the parents get to go out for a date. There are so many ways that teens can be in solidarity and be responsible for the common good.

Everyday Life Activity

Make a plan for ways to live out your faith in your everyday life! Make a list of daily, weekly, monthly and annual activities you and your family and friends can do. Look up your favorite saint's feast days, add it to the annual list. Find out when your baptism anniversary is and add it to the list. Try to come up with a list of ways to celebrate your faith in everyday life.

Resources

- Blog Post: Liturgical Living for Life - Kendra Tierney
<https://www.catholiceducation.org/en/religion-and-philosophy/catholic-faith/liturgical-living-for-life.html>
- Digital Liturgical Calendar for your phone
<https://thelittleroseshop.com/blogs/the-little-rose-shop-everyday-faith/the-first-digital-liturgical-calendar-that-syncs-to-your-phone>

- Knights of Columbus - Family Fully Alive Programs
<https://www.kofc.org/en/what-we-do/faith-in-action-programs/family/family-fully-alive.html>
- Saint of the Ordinary - Saints Alive Podcast
<https://stjosemaria.org/podcasts/saints-alive-sje/>