

## ACTIVITY

# CALL TO FAMILY, COMMUNITY, & PARTICIPATION

**God made us to be part of communities, families, and countries, so all people can share and help each other.**

### Plan and Prepare a family meal together

We are not only called to family and community, but to participation! That means everyone must do their part. Together plan, prepare, enjoy, and clean up a family meal.

1

### Plan!

- Where are you going to eat? Outside on the picnic table? Around the table at home? At the park?
- What are you going to eat? Are you going to try cooking something new together? Or make some of your family's favorites?
- Plan out who is going to do what. If your family prepares meals together often, maybe mix it up and let everyone try something new!

### Prepare

- Everyone has their assignment, time to prepare the meal!
- Family is about participation, make sure everyone has a job to do!

2

### Enjoy!

- Now it's time to enjoy the meal you prepared together!
- Think about it...
  - What was fun about preparing the meal together? What wasn't enjoyable?
  - What are other ways we can participate in our family?
  - Why is it important to participate or help out our family?
  - What would happen if no one participated or helped out in your family?
  - Our community is like a bigger family. How can we participate in our community?
  - What would happen if people didn't participate or help out in our community?

4

### Clean up!

Now that you have planned, prepared, and enjoyed a meal together... it's time to clean up together!



# OUR FAMILY MEAL!

WHERE/WHEN

WHAT ARE WE EATING?

WHO IS DOING WHAT?

Who will go to the store? Who is cooking what? Who is setting the table or getting the plates and everything ready?

WHO IS BLESSING THE FOOD?

*Any prayer will work, but here is one traditional before meal prayer.*

**In the name of the Father, and of the Son, and of the Holy Spirit.**

**Bless us, O Lord, and these, Thy gifts, which we are about to receive from Thy bounty. Through Christ, our Lord. Amen.**

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

CLEAN UP!

Who is helping wash, dry, and put dishes away? Who will clean off the table? Who is sweeping the floor? Throwing all the trash away?

