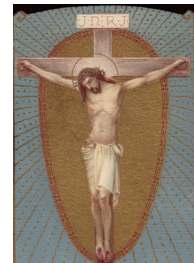




Family Faith Formation

Fall 2026



Welcome to the first edition of Christ the King's Family Faith Formation packet! The goal of this packet is to help families grow in their knowledge and love of Christ and His teachings by living the Church year more fully at home and in everyday life. The months of September, October, and November, offer us beautiful ways to celebrate and grow in our faith! This packet will provide catechetical topics to discuss and fun ideas to incorporate in your family's routines this month.

What's Inside

- Activities for children and families for Fall Feast Days
- Reflections and scripture for families and parents
- Books and Podcasts
- Fall Retreat Opportunities
- Art and Music
- Coloring Pages

Fall Feast Days

- Sept 5: St. Teresa of Calcutta
- Sept 8: Nativity of Mary
- Sept 14: Exaltation of the Holy Cross
- Sept 15: Our Lady of Sorrows
- Sept 23: St. Padre Pio
- Sept 29: The Archangels
- Oct 4: St. Francis of Assisi
- Oct 5: St. Faustina Kowalska
- Oct 7: Our Lady of the Rosary
- Oct 12: St. Carlo Acutis
- Oct 22: St. John Paul II
- Nov 1: All Saints
- Nov 16: St. Gertrude
- Nov 22: Christ the King & St. Cecilia
- Nov 30: St. Andrew

Prayer to Know by Heart

St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.
Amen.

Monthly Devotions

Click each devotion



September
Our Lady of Sorrows



October
Holy Rosary



November
Holy Souls in Purgatory

Young Children's Activities for Fall 2026



Read a new Halloween book!

All Hallows' Eve by Anthony DeStefano



Read a new All Soul's Day book!

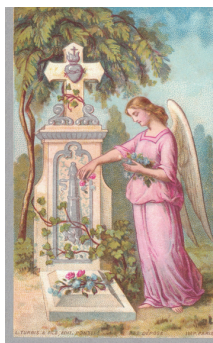
New Friends Now and Forever by Susan Tassone



Take a moment to see if there are items in your home or pantry that you could donate in honor of St. Vincent de Paul, whose feast day is on September 27th.



Find rocks to decorate with inspirational words such as Believe, Jesus, Faith, and Love. Keep them in the center of your table and talk about what those words mean to you during meals.



Devote a small table or corner of your home with pictures of loved ones that have passed and commit to praying for them during the month of November, which is the month we remember those that have gone before us.



Gather your art supplies and do a guided drawing of St. Therese of Lisieux (Feast Day October 1st) with Catholic artist Amy Heyse!



Pray to the Archangels
Heavenly King,

You have given us archangels to assist us during our pilgrimage on earth.

Saint Michael is our protector; I ask him to come to my aid, fight for all my loved ones, and protect us from danger.

Saint Gabriel is a messenger of the Good News; I ask him to help me clearly hear Your voice and to teach me the truth.

Saint Raphael is the healing angel; I ask him to take my need for healing and that of everyone I know, lift it up to Your throne of grace and deliver us back to the gift of recovery.

Help us, O Lord, to realize more fully the reality of archangels and their desire to serve us.

Holy angels, pray for us. Amen.

Older Children's Activities for Fall 2026

PRAY

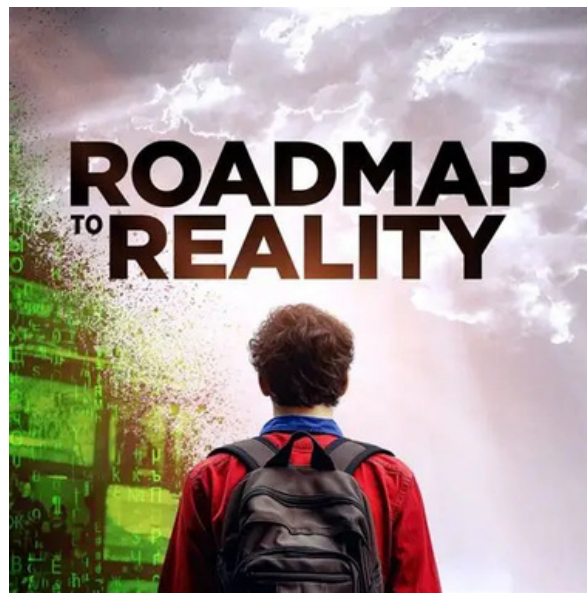


You're Invited: Teens of the parish in grades 6-12

Holy Hour of Power takes place the 3rd Sunday of each month from 7-8 pm at Christ the King. It includes 30 minutes of Eucharistic Adoration followed by 30 minutes of snacks & fellowship with peers.

Next opportunities will be: September 20, October 18, and November 15

E-mail Youth Minister [Ann Collins](#) to register or to learn more.



St. Carlo Acutis: Roadmap to Reality - Watch trailer [here](#). Available to rent or buy.

This is a great documentary that would be good for middle school aged, high schoolers, and adults “that profiles the life and legacy of Blessed Carlo Acutis, the first millennial saint, and explores how he navigated the modern digital age. The film examines the tension between the virtual world and the human person, asking how technology shapes our understanding of identity and faith.”

Family Activities for Fall 2026

St. Teresa of Calcutta

Saturday, September 5, 2026

- Make Blessing Bags to keep in your family's vehicle and distribute as needed.
 - Items needed: Large ziplock bags, socks, toothbrush, toothpaste, non-perishable snacks, sunscreen, etc.
- Pray a Flying Novena, one of St. Teresa's favorite prayers! Focus your intention on the poor.

[For more, click here](#)

The Nativity of Mary

Tuesday, September 8, 2026

- Make or buy a Birthday cake for our Blessed Mother and pray one decade of the rosary by lighting one candle on the cake for each Hail Mary.
- Simply pray a Hail Mary and listen to a Marian Hymn
- Review and discuss Leonardo da Vinci's The Virgin and Child with Saint Anne ([click](#)).
- Attend Mass together at Christ the King, 5:30 pm.

Feast of the Archangels

Tuesday, September 29, 2026

- Family read-aloud: Biblical accounts of
 - Michael ([Rv 12:7-12](#))
 - Raphael ([Tb 12:1, 5-15, 20](#))
 - Gabriel ([Luke 1: 5-25; 26-38](#))
- Eat blackberries or make a blackberry-themed dessert
- Make [Origami Archangels](#)
- Attend Mass together at Christ the King, 5:30 pm.

Scripture and Reflection

"You did it to me" (Matthew 25:40). St. Teresa of Calcutta was known for summarizing the entire Gospel on "five fingers" (the Five Finger Gospel) using each of these words from Jesus. These activities challenge us to see the face of Christ in the poor and offer us a way to address some of their physical needs (a [Corporal Work of Mercy](#)) and spiritual needs through prayer and comfort ([Spiritual Works of Mercy](#)).

Scripture and Reflection

"My soul proclaims the greatness of the Lord; my spirit rejoices in God my savior." (Luke 1:46-47). Happy Birthday, Mary Most Holy! We praise and thank God for the gift of our Blessed Mother who models perfect discipleship in freely choosing to cooperate with God's grace and embracing His will. These activities are simple ways to celebrate and spread the joy of Mary's birth, and to honor her and imitate the obvious joy she has for the Lord! While there is no scriptural account of Mary's birth, we have information from a 3rd century text that names her parents ([Saints Joachim and Anne](#)). The Nativity of Mary is celebrated exactly nine months from the feast of her Immaculate Conception, on December 8.

Scripture and Reflection

"War broke out in heaven; Michael and his angels battled against the dragon. The dragon and its angels fought back, but they did not prevail." Rv 12:7-8. "Archangel" is the highest class of all angels. The name Michael in Hebrew means "who is like God?"; the name Raphael, "Divine Healer," and Gabriel, "Strength of God." Legend says that when St. Michael cast Satan down from Heaven, he landed in a blackberry bush on the floor of Hell! These activities draw special attention to the important role of angels in our spiritual life, and remind us that there is both a visible and invisible world. To read more about the archangels in the Catechism, [click here](#).

Podcasts and Book Club



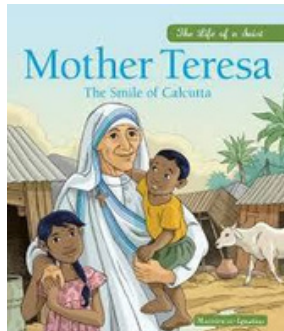
Listen to Saints
Alive Podcast on
Saint Mother
Teresa



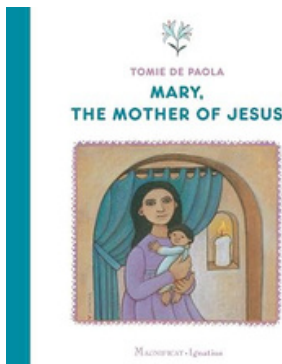
Listen to Saints
Alive Podcast on
Saint Padre Pio



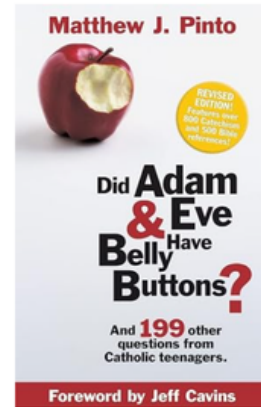
Listen to the
Visitation Sessions
Podcast



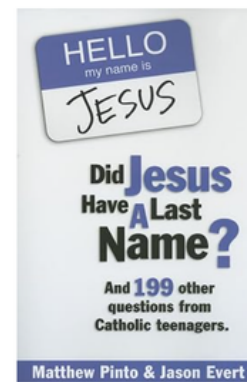
St. Mother Teresa
Book



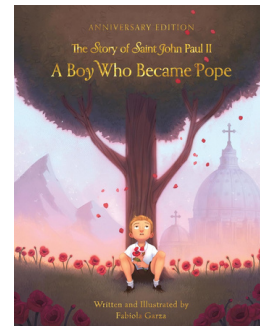
Mary
Mother of
Jesus book



Q+A Book for
Catholic Teens Part 1



Q+A Book for
Catholic Teens Part
2



A Boy Who
Became Pope
Book



Chime Travelers
Book Series
and
animated series
on Formed

Reflection for Parents “How to Pray in the Chaos”

By Emily Stimpson Chapman



What is prayer?

At its heart, prayer isn't simply talking to God; it is a movement of the heart toward God. It's a lived relationship with Him—part talking, part listening, part discovering, part abiding in His presence— and that relationship is meant to grow more intimate with each passing year. That movement towards deeper intimacy, however, doesn't just happen through sharing your heart with God or going to Mass. It involves a rich and full prayer life that encompasses three different types of prayer: Vocal Prayer, Mental Prayer, and Contemplative Prayer.

Vocal prayer is where most of us start. It's thanking God, blessing God, and petitioning God. It's saying Our Father's, Hail Mary's, and Glory Be's. It's also standing by your kitchen sink and silently telling God you're tired, overwhelmed, and would just really like a sign that He is listening. Anytime you pray a St. Michael Prayer before you walk into a meeting, whisper “Come Holy Spirit” before seeing your mother-in-law, or quietly think, “Jesus grant me patience” after your six-year-old throws a 10-pound weight on a 125-year-old basement drain, shattering it into a dozen pieces, you are engaging in vocal prayer.

Regardless of what words may or may not have been on my lips in our basement on Thursday, vocal prayer is good. It is important. It is foundational. Whether you gave your life to Christ last week or are already in the Unitive Way, vocal prayer should be part of your life. It's a way of both conversing with God and of letting yourself be formed by the prayers of the saints. But vocal prayer is not the only type of prayer. There is also mental prayer and contemplative prayer.

Contemplative prayer, which is considered the highest form of prayer, is a pure gift from God. You can't choose when you get to engage in it, and there is no method to learn it. It comes when it comes. And when it comes, it's like you are immersed in the mind of God, seeing how He sees and loving how He loves for as long as the gift lasts. It is, some say, the beginning of the Beatific Vision. Or a foretaste of it. Accurate descriptions of contemplative prayer are almost impossible. It's an experience that mostly defies words because it is a type of prayer that goes beyond words.

[Continue reading here.](#)

Take a Retreat this Fall!

Fall is a beautiful time to take a retreat. The kids are back in school, schedules are becoming more consistent, and it can be a good time to reconnect with God in an intentional way
So, what happens on a retreat?

Every retreat is different. Some include a full program with talks, Mass, discussions, spiritual direction, and opportunities for prayer. Some ask that participants be silent throughout the entire day/weekend and others encourage talking/conversation amongst parishioners. Others ask you to bring your own food, reading/prayer materials, and you can make it your own.

Locally, there are a lot of great retreat centers and parishes offering retreats throughout the year. Depending on your season of life, you can take a retreat as a couple, as an individual, or even as a family. Costs vary. A retreat as a family might look like trekking to a new-to-you parish for Mass or to pray, praying a Rosary while walking somewhere pretty, and playing board games after dinner. You can even use ideas in this packet to assist you.

Here are some upcoming opportunities for retreats for adults:

Fatima Retreat House (Indianapolis)

9/22 Fall Day of Reflection with Fr. Jim Farrell
9 am- 2 pm

9/29 Come Away for a Day (Topic: Angels)
8 am- 4 pm

10/13 Day of Silence
8 am - 4 pm

Christ Renews Her Parish @ Christ the King Parish (All women welcome.)

11/14-11/15
Christ the King
Registration opens soon - see parish newsletter!

St. Joseph Retreat & Conference Center (Tipton)

9/16 September Silent Day Away
9 am- 3 pm

9/29 Psalms Day of Reflection
9 am- 3 pm

10/3 St. Francis Day of Reflection
9 am - 3 pm

St. Elizabeth Seton Parish (Carmel)

Mini-Retreat
9/26 Begins at 9 AM

“My soul magnifies the Lord”
Exploring hope and peace through the
lens of the Blessed Mother
Learning how to tap into the power of
the Rosary.
More details coming soon.

Famous Works of Catholic Art and Music

Click on Images to Learn More



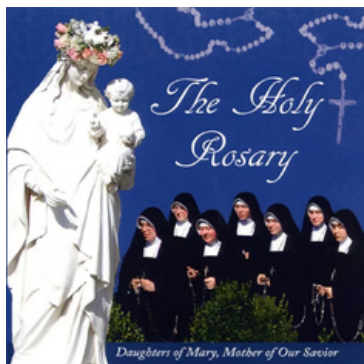
Pieta, Michelangelo



**The Virgin and Child with Saint Anne
Leonardo da Vinci**



The Forerunners of Christ with Saints and Martyrs, Fra Angelico



Pray the Rosary with Music



Listen to Marian Hymns



Hail Mary,
full of Grace,
the Lord is with thee.
Blessed art thou
among women,
and blessed is the fruit
of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners, now
and at the hour
of our death.
Amen.

9. Finish by praying
the **Hail, Holy Queen**
and closing prayer.

6. Pray a **Hail Mary**
on each of the
10 small beads.

7. On the chain, pray
the **Glory Be** and the
Fatima Prayer.

5. On the large bead,
meditate on the first
mystery and pray
the **Our Father**.

4. On the chain,
pray the **Glory Be**.

3. Pray a **Hail Mary**
on the three small
beads.

2. On the first
large bead, pray
the **Our Father**.

1. On the crucifix,
make the **sign of the
cross** and then pray
the **Apostles' Creed**.

8. Repeat each decade
(steps 5, 6, & 7) starting
with **Our Father** until you
reach the medal in
the center.

PRAY
the
ROSARY

TO JESUS THROUGH MARY

Rest in Peace

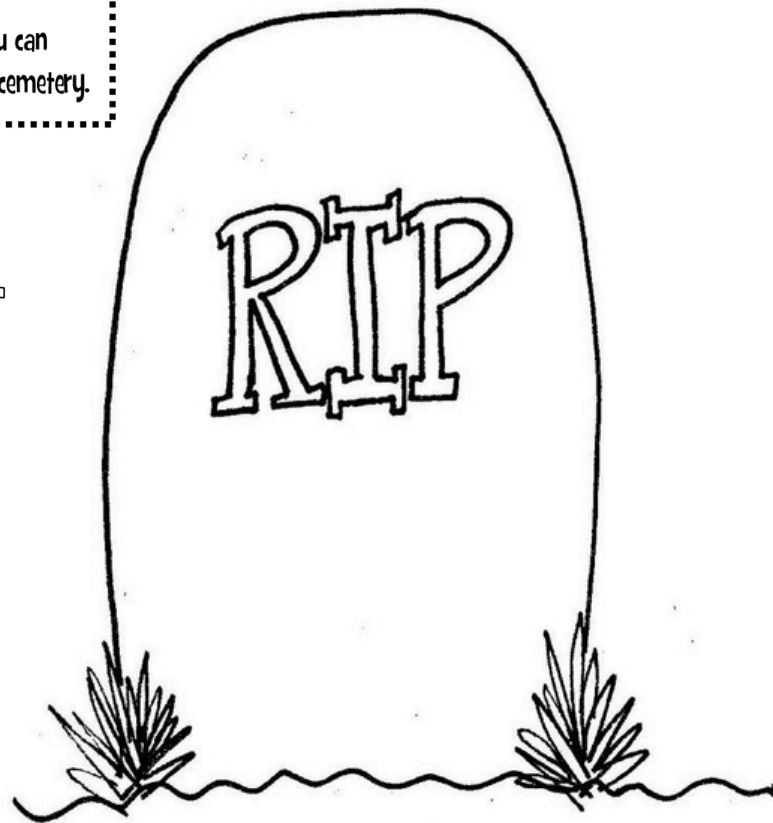
It is important to remember to pray for those who have died. The R.I.P. on tombstones stands for "Rest in Peace," which comes from this prayer. You can pray this when you hear about someone who has died or when you pass a cemetery.

Eternal rest grant unto them,
O Lord, and let perpetual light
shine upon them. May the
souls of the faithful departed,
through the mercy of God,

Rest In Peace.

Amen

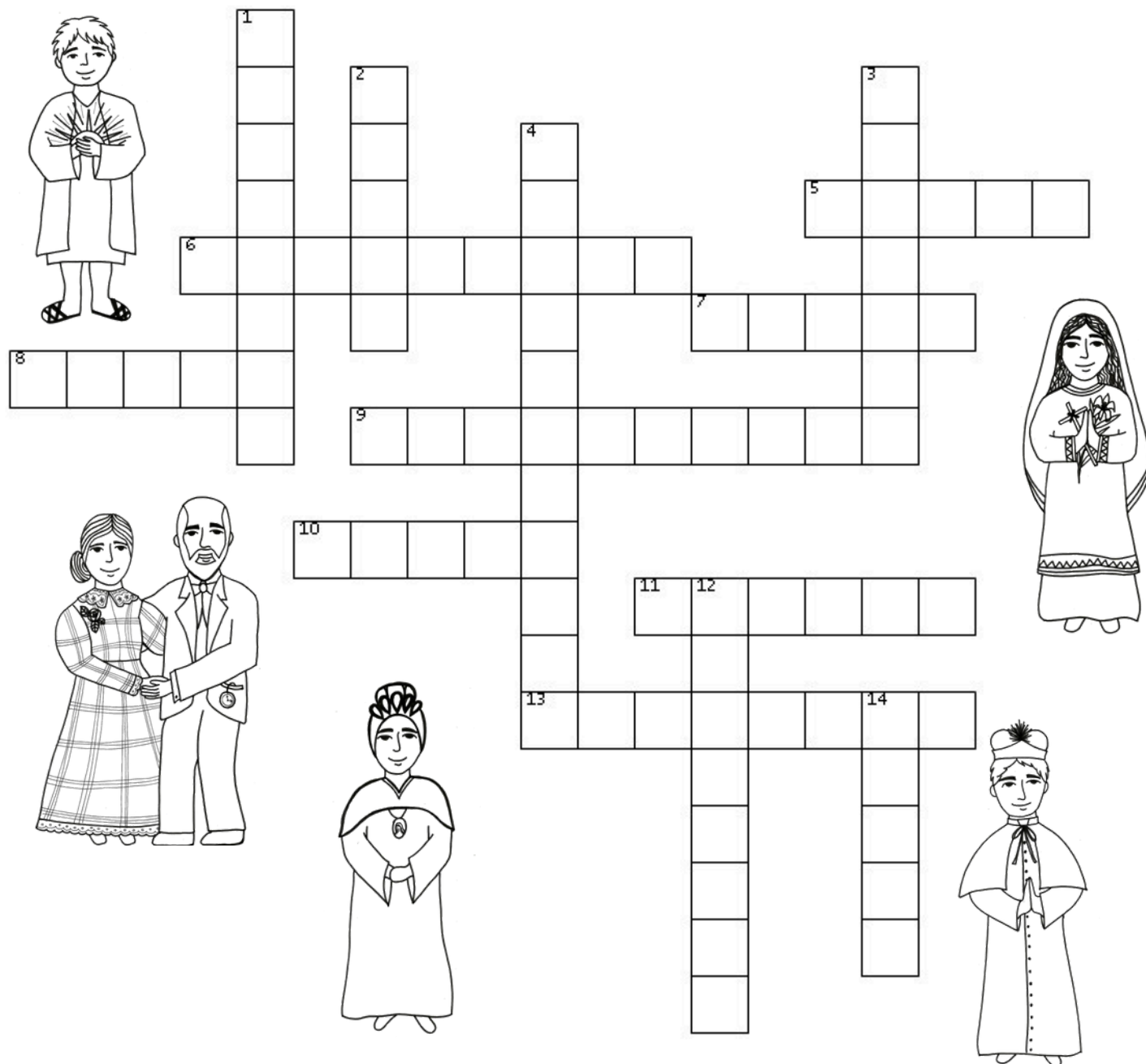
Praying for the Dead



Bible Connection: Check out 2 Maccabees 12:38-46

from Look to Him and Be Radiant

All Saints Day Crossword Puzzle



Across:

5. Someone in Heaven face to face with God
6. Everyone is meant to become holy, the _____ call to holiness
7. The Saints give us a _____ to follow
8. Christ's death on the _____ makes it possible for us to be in Heaven one day
9. We should frequently receive these to help us grow in holiness
10. Day of the month that All Saints Day is held
11. All Saints Day celebrates all the saints in _____, known and unknown
13. Month of All Saints Day

Down:

1. Following God closely in this life
2. We should do this for our neighbor to help us grow in holiness
3. The Saints can give us their _____ as we journey to Heaven
4. We can look to the Saints for this
12. How long Heaven will last
14. _____ person is called to be a saint

ARCHBISHOP FULTON J. SHEEN

**Beatification Mass on September 24, 2026
in St. Louis Missouri!**



Archbishop Fulton J. Sheen lived from 1895-1979. He was a priest, author, and starred on a TV show! Fulton Sheen spent his whole life teaching people about Jesus and is now on his way to being named a Saint by the Catholic Church.

Here are some details about coloring this image of Fulton Sheen: His ferraiolo (cape) and zucchetto (cap) are magenta, signifying that he is a bishop. The globe behind Fulton Sheen can be colored blue, representing his work to evangelize the whole world. The JMJ at the bottom is in Sheen's handwriting and stands for "Jesus, Mary, and Joseph," whom he dedicated all of his work to.



Saint Hildegard of Bingen - TheCatholicKid.com

