

Hello there from my home to yours!!

I pray everyone is doing well and staying happy, safe and healthy during these unique times. :) Since we were unable to have class this past Sunday and will not have class through May 29th, I will be sending short family **Mini Lessons** so that you are able to continue growing in your faith and most importantly your relationship with Christ!

I know most students have A TON of homework and are trying to manage a "new way of learning" through online and self-taught curriculum so I PROMISE that your SSM youth ministry lessons will take no longer than 15-20min. The intention of these short assignments/videos is to help your teens and most importantly everyone as a family, learn something new about our Catholic faith!

**As a parent, you are setting the tone (as always) for these learning experiences. If you look at these short videos/readings/discussions as a dreaded task or just homework the students are tasked to do, everyone suffers, and everyone will miss the point. Please set aside a short time as a family to learn and pray together.**

### **MINI LESSON #1 - LENT - Are Catholics behind the Filet-O-Fish McDonald's sandwich?**

During this Lenten season, and other seasons throughout our Liturgical calendar, do you do things or "go through the motions" but you don't know why?

Why do we not eat meat on Fridays?

Are Catholics the reason McDonald's created the Filet-O-fish sandwich?

What happens when you "fail" and eat chocolate when you gave it up for lent?

Why the heck do we even give something up?

Why 40 days?

*Don't have time to look any of these answers up? NO WORRIES, here's your cheat sheet (only 7 min long!):*

<https://www.youtube.com/watch?v=QJBMw2pQZiA>

### **All Mini Lessons will be complete with a Saint of the day!**

St Maximillian Kolbe (Patron Saint for Addictions)

St. Maximillian Kolbe is a modern-day saint who was killed in Auschwitz after he volunteered to take the place of a prisoner who was sentenced to be locked in a bunker and starved to death. St. Maximillian bravely led the men in the bunker in prayer and songs and was still alive days later. He was finally given a lethal injection. His feast day is celebrated on August 14th.

### **Prayer for St. Maximillian Kolbe's Intercession**

Saint Maximilian Kolbe, your life of love and labor for souls was sacrificed amid the horrors of a concentration camp and hastened to its end by an injection of a deadly drug. Look with compassion upon [name of person] who is now entrapped in addiction to drugs/alcohol and whom I now recommend to your powerful intercession. Having offered your own life to preserve that of a family man, I turn to you with trust, confident that you will understand and help. Obtain for me the grace never to withhold my love and understanding, or to fail in persevering prayer that the enslaving bonds of addiction may be broken and that full health may be restored to him, whom I love. I will never cease to be grateful to God who has helped me and heard your prayer for me. Amen.

\*\*\*Would love to hear feedback from your family mini lessons!! Be on the lookout later this week for Mini Lesson #2!!

Stay blessed,

~Ashley