

ARCHDIOCESE of MILWAUKEE

## SCHEDULE & TABLE of CONTENTS for the kids

Have a little	more time to prepare for your kids of different ages?pg. 3
FRIDAY, MAY 15	
6:00 p.m.	Home Cooked Dinner (Begins Retreat)
~7:45 p.m.	Evening Personal Prayer: Meditation #1 Family Tip: Put young children to bed before Meditation or Reflection, for older children set up a quiet activity or put on a movie from Formed.org (Free account for 40 days provided to Archdiocese of Milwaukee residents see: https://leaders.formed.org/milwaukee/)
8:30 p.m.	Reflection #1   The Ache of the Upper Room
9:00 p.m.	Daily Examen -or- Post Game Review Audio Family Tip: Praying with the Post Game Review Audio can be a great activity to do together as a family before bed
*Retire for the evening to ensure 7-8 hours of sleep.	
SATURDAY, MAY 16	
7:00 a.m.	Personal Prayer: Meditation #2
0.00 1	Family Tip: Wake up earlier for solitude if needed
8:00 a.m.	Breakfast
9:00 a.m.	Reflection #2   Encountering Jesus Alternate ideas for Kids
	Family Tip: Set up a quiet activity or put on a movie for kids
~11:15 a.m.	Morning Personal Prayer   Meditation #3  Family Tip: Consider moving this prayer time to the afternoon during nap time. Children may enjoy coloring the Divine Mercy Chaplet Coloring Page while you pray (or sing) the Chaplet of Divine Mercy
12:00 p.m.	Lunch
1:00 p.m.	Outside Leisure Activity (walk or drive somewhere beautiful) or Spiritual Reading Family Tip: Do something fun together or finish meditations.
4:00 p.m.	Rosary Family Tip: Children may enjoy coloring the Rosary Coloring Pages while you pray
4:30 p.m.	Cook Dinner
5:30 p.m.	Home Cooked Dinner
6:30 p.m.	Reflection #3   The Gift of the Holy Spirit Alternate ideas for Kids
~7:15 p.m.	Evening Time Personal Prayer: Meditation #4 Family Tip: Put children to bed before Meditation
9:00 p.m.	Daily Examen -or- Post Game Review Audio Family Tip: Praying with the Post Game Review Audio can be a great activity to do together as a family before bed
*Retire for the evening to ensure 7-8 hours of sleep.	
SUNDAY, MAY 17	
7:00 a.m.	Personal Prayer: Meditation #5 Family Tip: Wake up earlier for solitude if needed
8:00 a.m.	Breakfast
9:00 a.m.	Reflection #4   Unleashing the Holy Spirit  Alternate ideas for Kids



### Have a little more time to prepare for your kids of different ages?

#### Explore these additional free resources:

- Catholic crafts and printables
- Activities for preparing to celebrate Pentecost
- Praying with Children in Silence
- Teaching Children the Examen



#### **REFLECTION #2** | ENCOUNTERING JESUS |

#### Free Brother Francis Video from Formed.org

He Is Risen! The Power of the Resurrection (29 min)

https://watch.formed.org/brother-francis-1/season:1/videos/he-is-risen-the-power-of-the-resurrection

Coloring Pages - see pages 6-12



For the Kids | Saturday @ 6:30 p.m.

#### **REFLECTION #3**

#### | THE GIFT OF THE HOLY SPIRIT |

#### Free Brother Francis Video from Formed.org

Born into the Kingdom: The Miracle of Baptism (26 min)

https://watch.formed.org/brother-francis-1/season:1/videos/born-into-the-kingdom-the-miracle-of-baptism

Coloring Pages - see page 13-14



For the Kids | Sunday @ 9 a.m.

#### **REFLECTION #4**

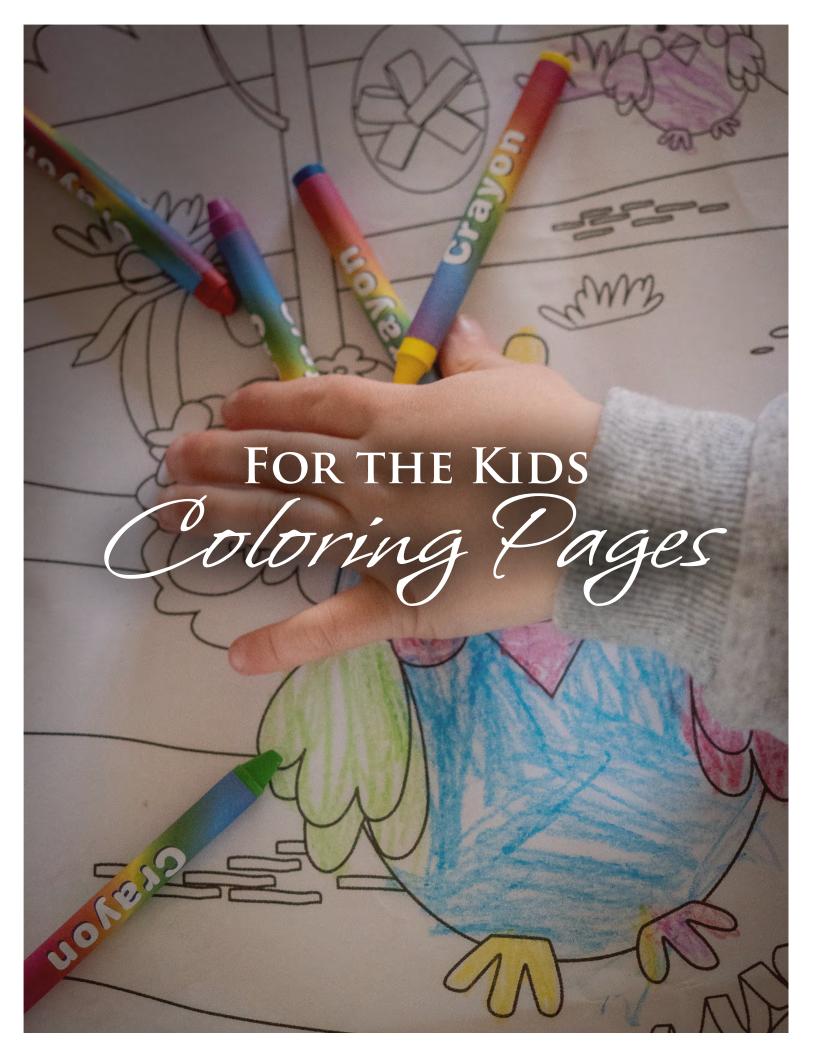
#### | UNLEASHING THE HOLY SPIRIT |

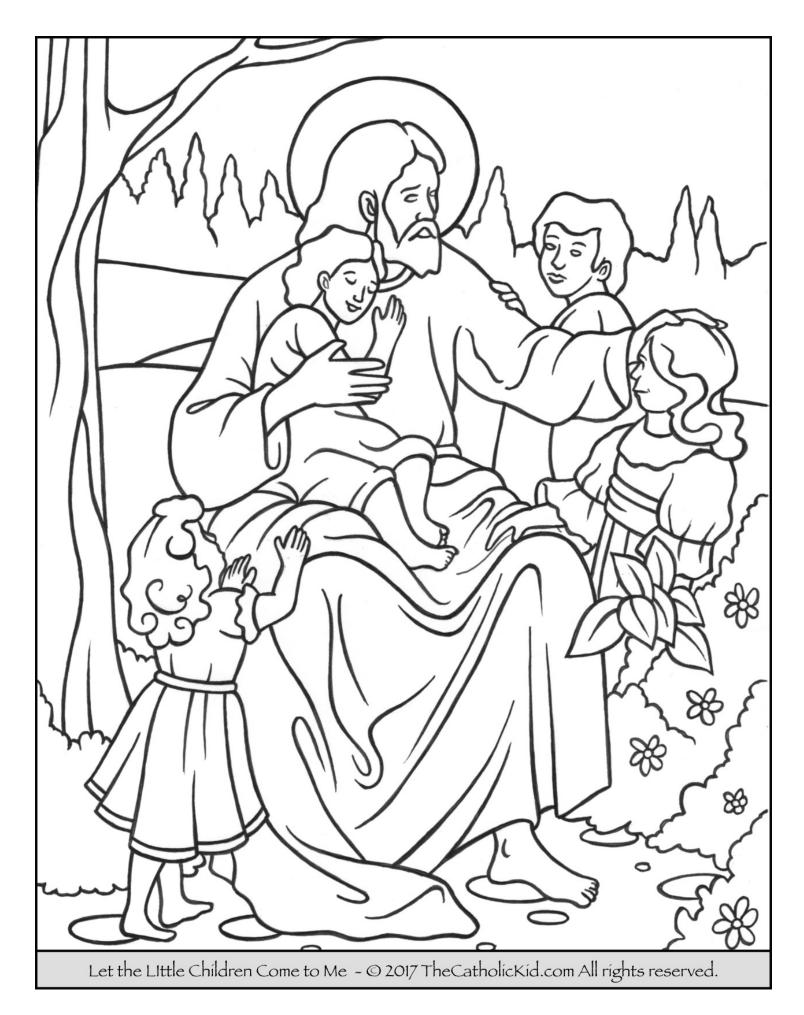
#### Free Brother Francis Video from Formed.org

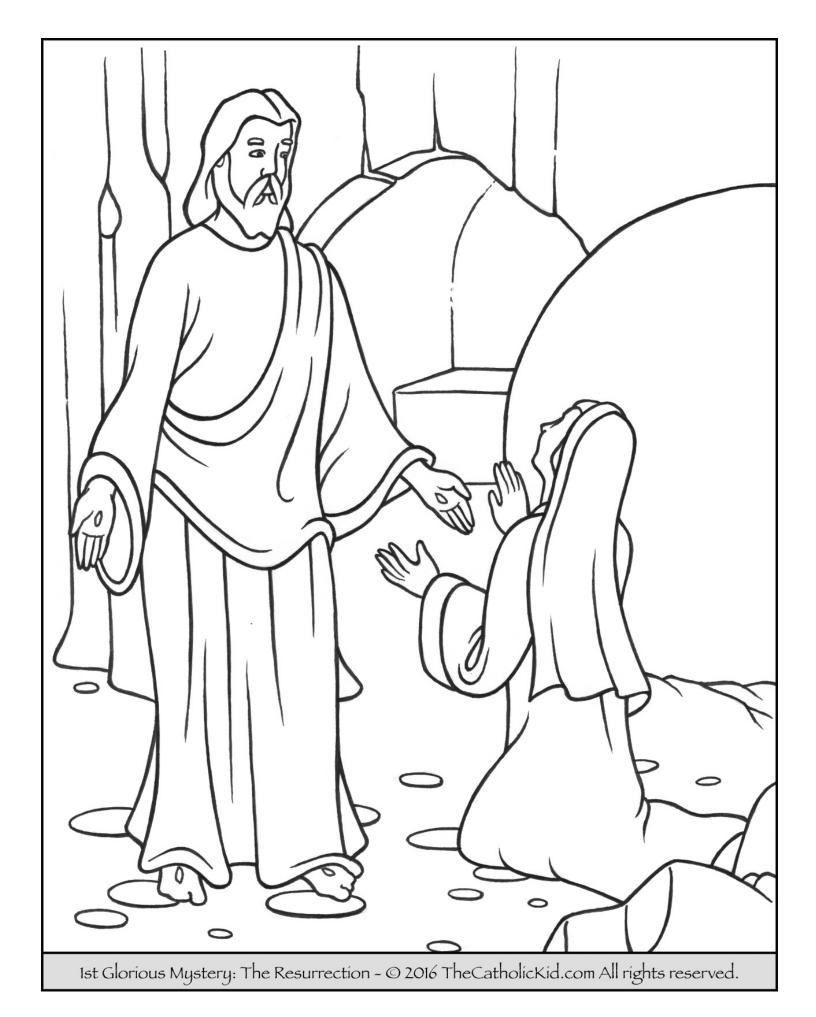
JoyToons, The Brother Francis Song Collection! (38 min)

https://watch.formed.org/brother-francis-1/season:1/videos/joytoons-the-brother-francis-song-collection

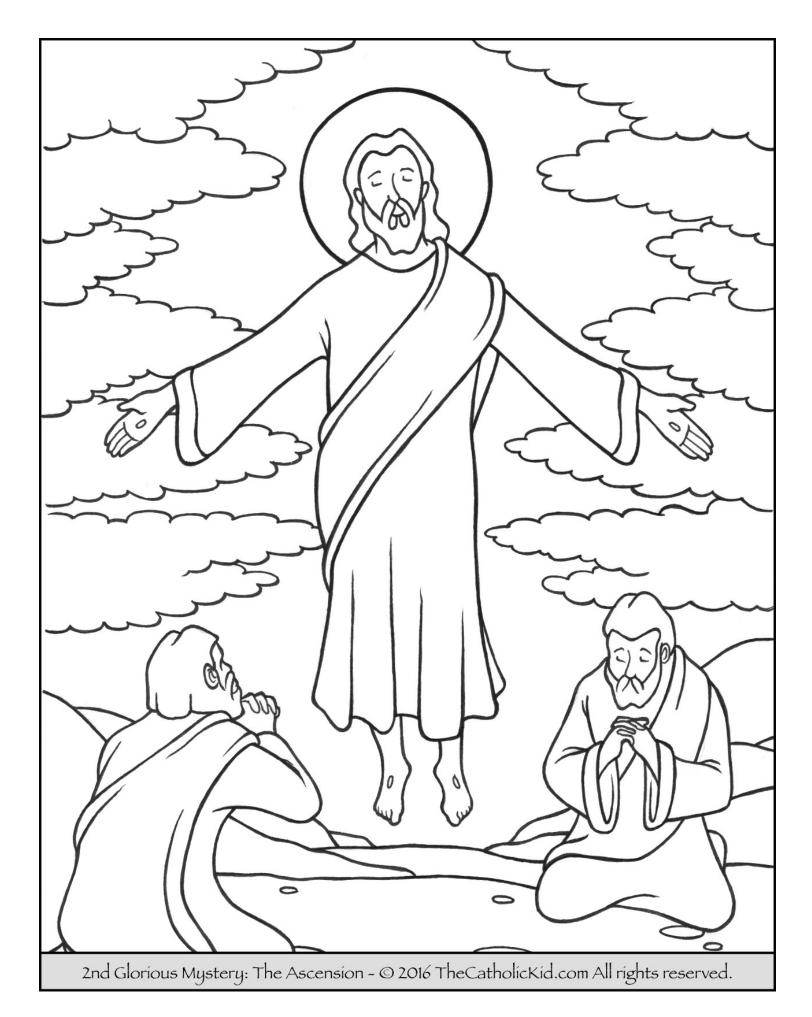
Coloring Pages - see page 15-16

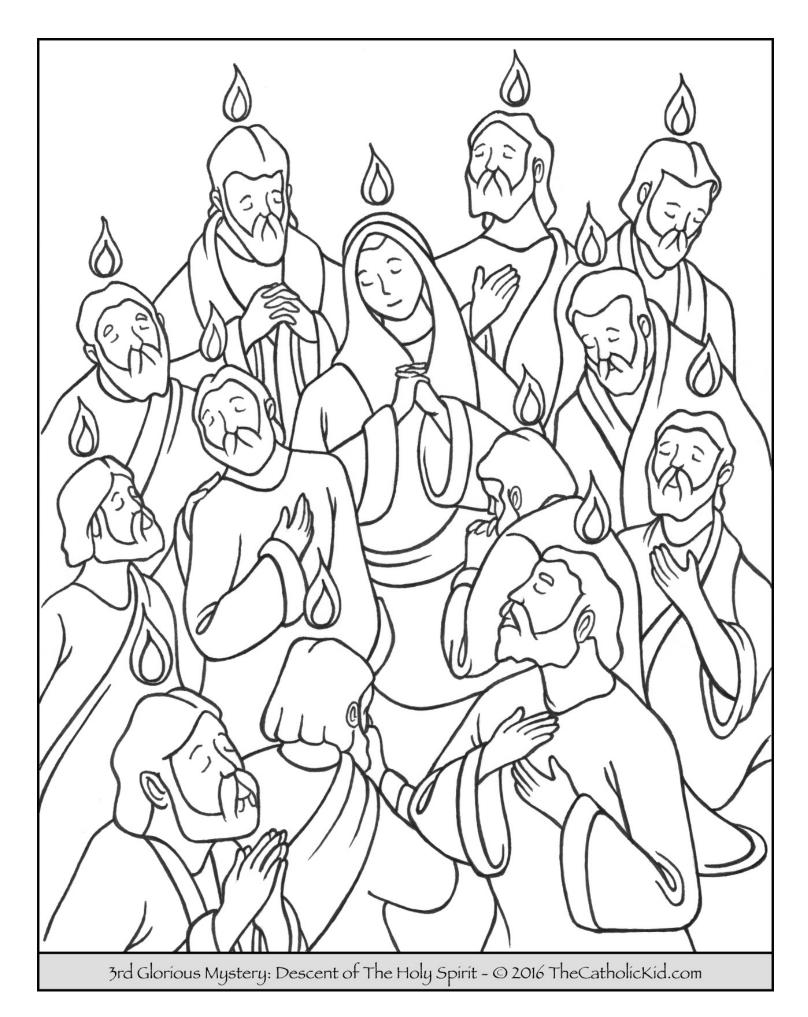




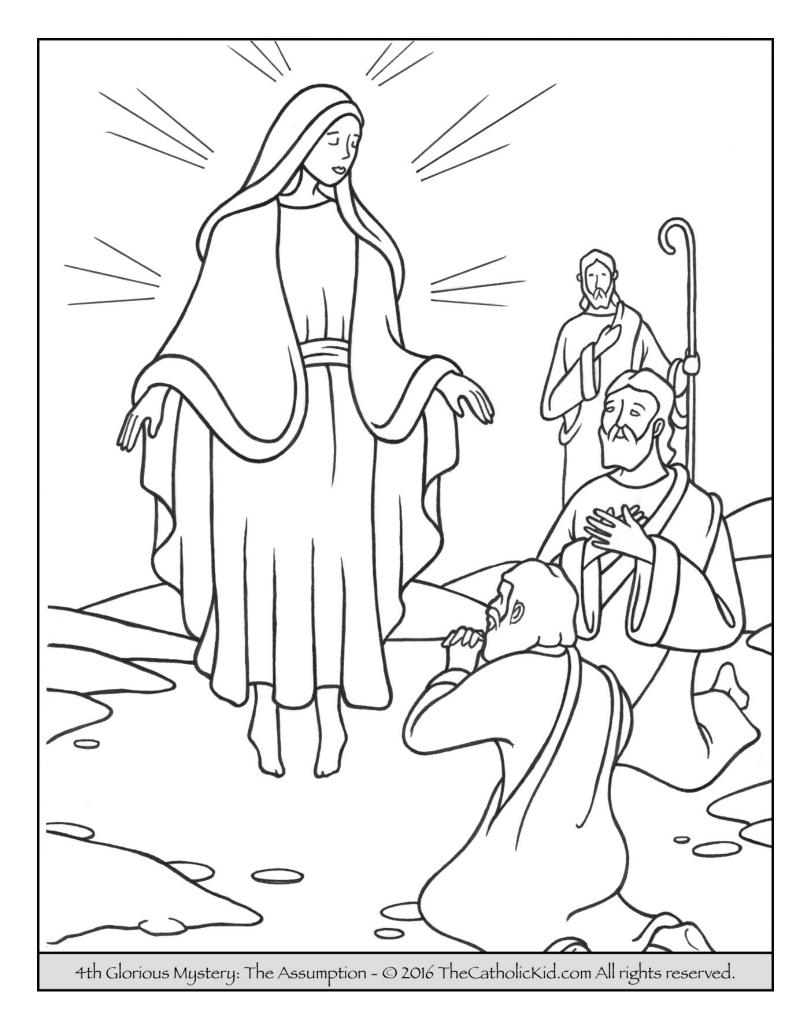


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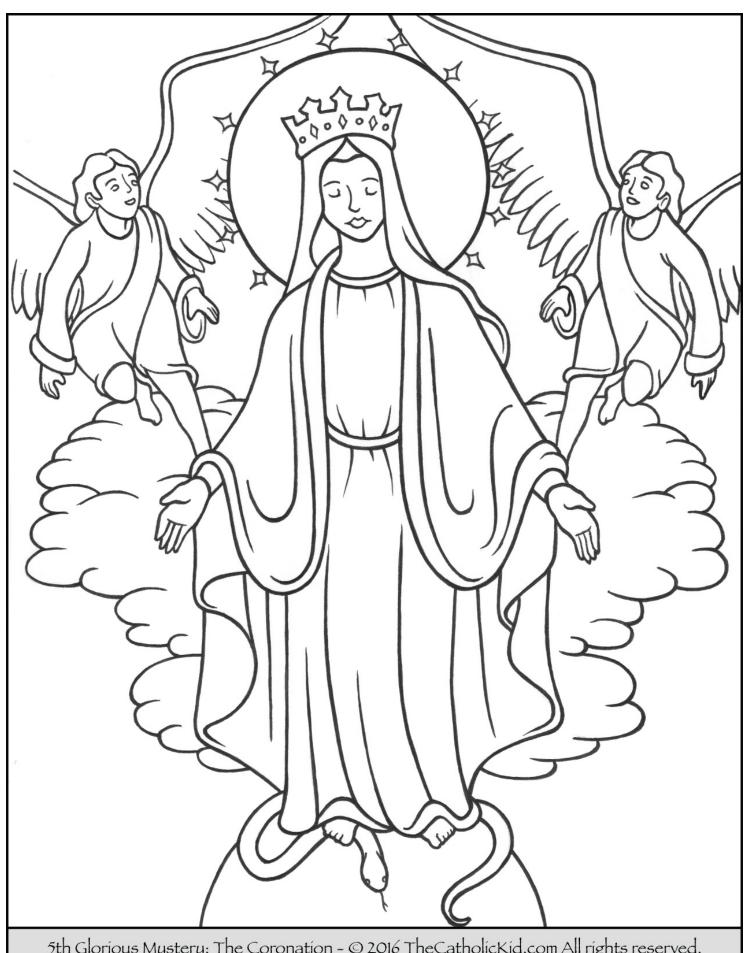




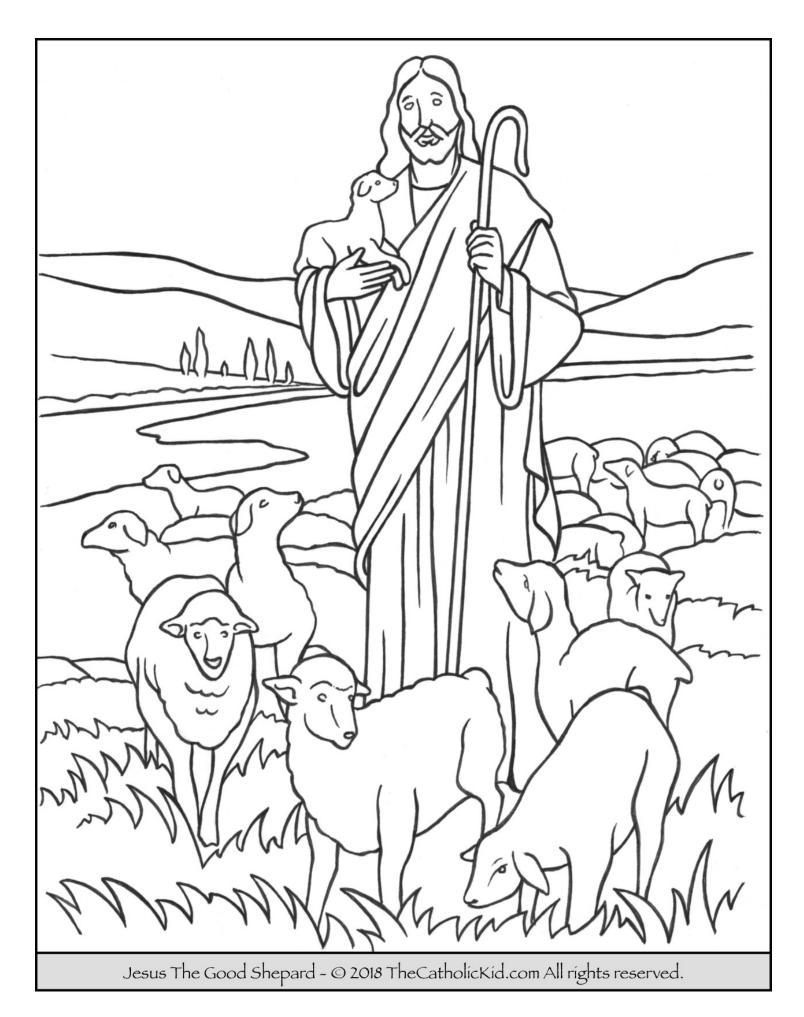
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5th Glorious Mystery: The Coronation ~ © 2016 The Catholic Kid.com All rights reserved.

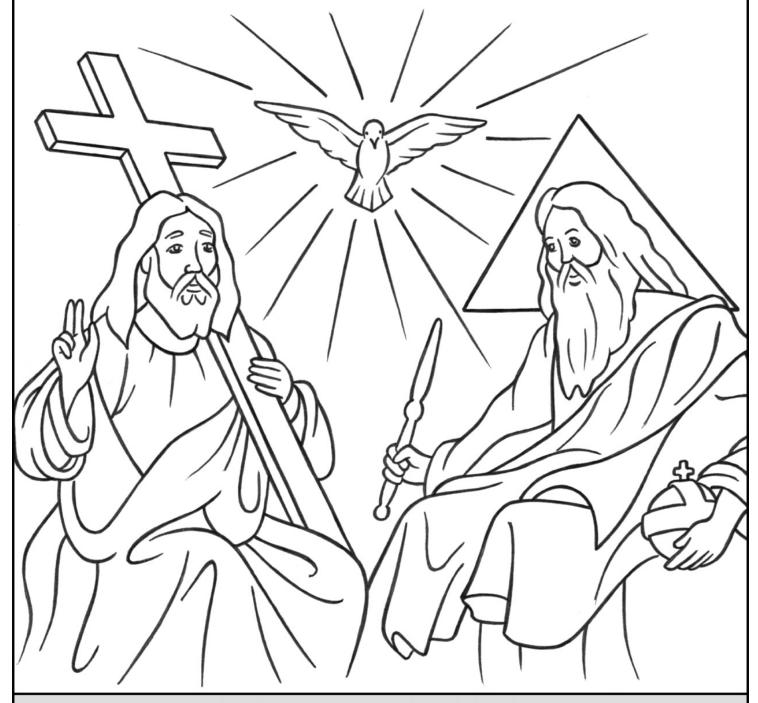


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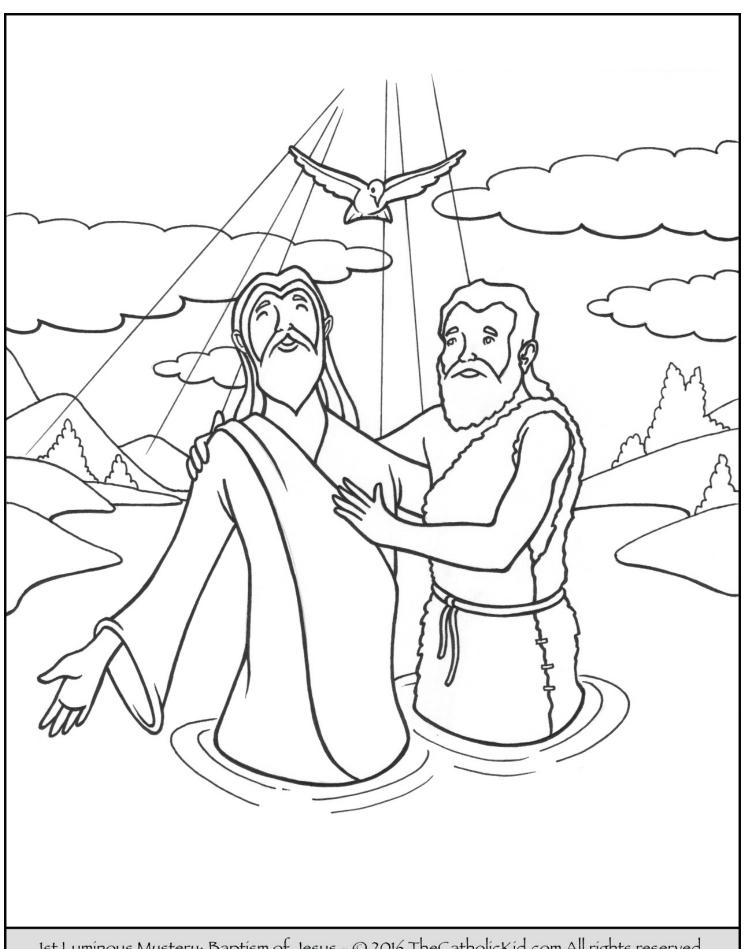
# Glory Be

Glory Be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end.

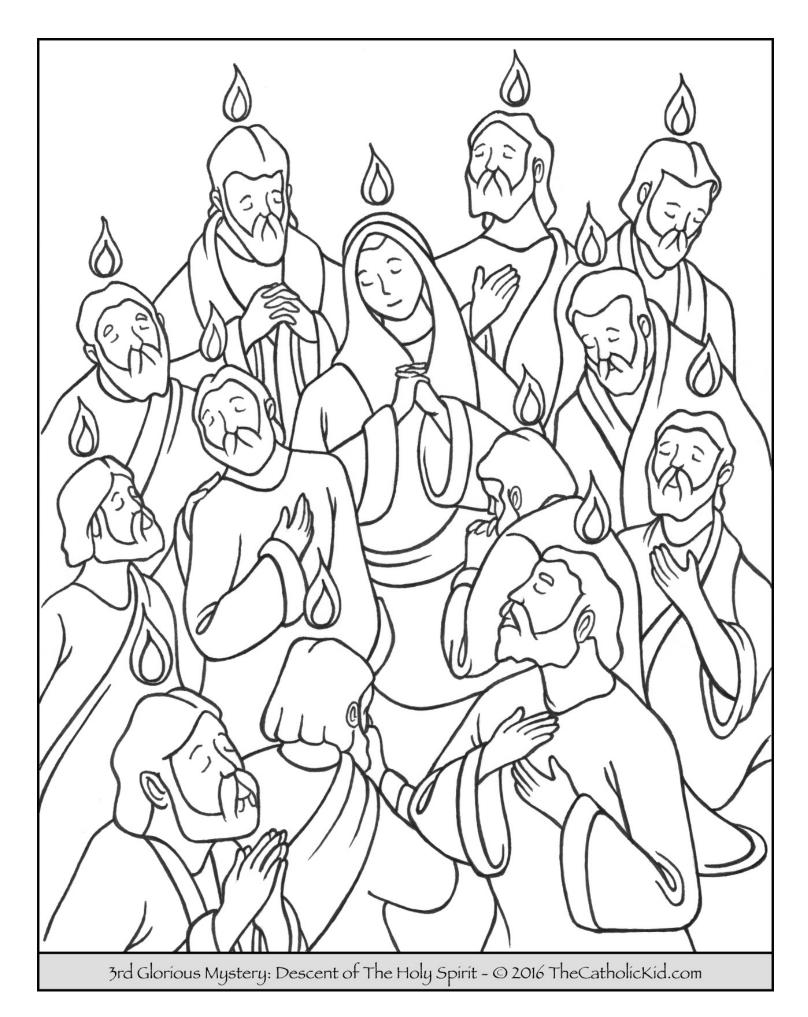
Amen.



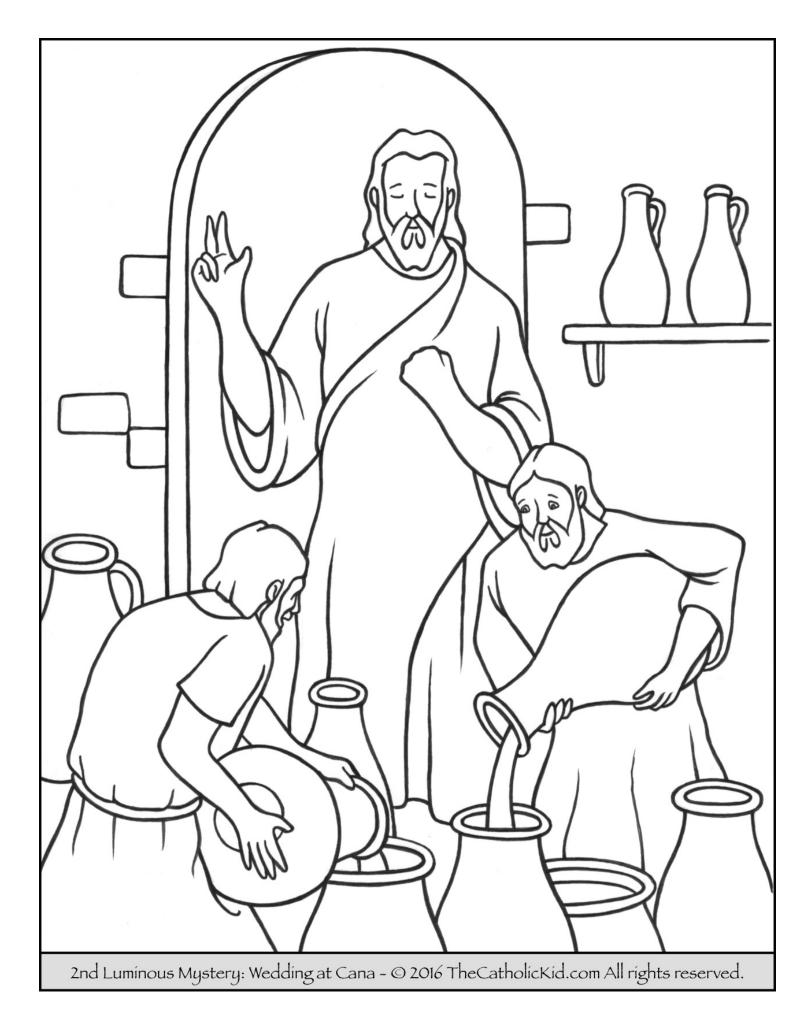
The Glory Be Prayer - @ TheCatholicKid.com

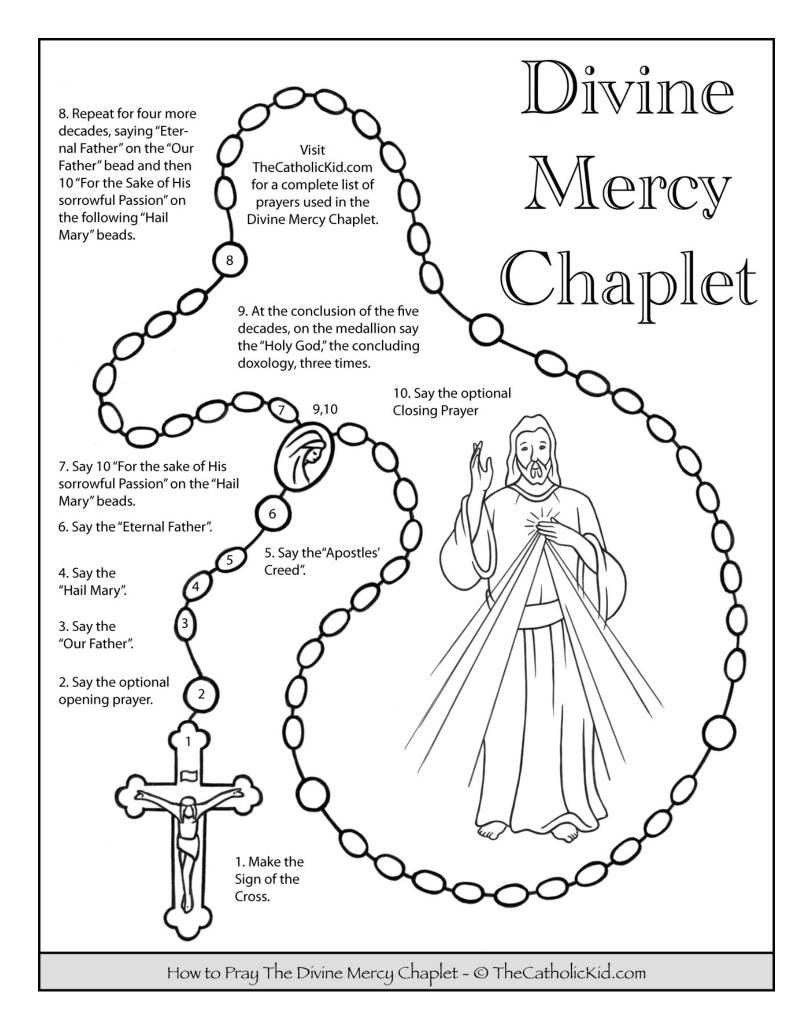


1st Lumínous Mystery: Baptísm of Jesus ~ © 2016 TheCatholicKid.com All rights reserved.



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#### **How to Pray the Divine Mercy Chaplet**

#### 1. Make the Sign of the Cross

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

#### 2. Optional Opening Prayers

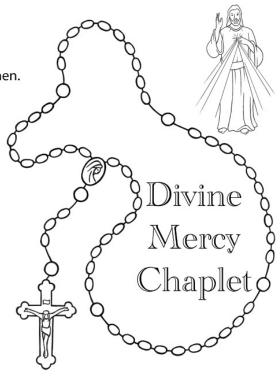
You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

(Repeat three times)

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You!

#### 3. Our Father

Our Father, Who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil, Amen.



#### 4. Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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.

#### 5. The Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

#### 6. The Eternal Father

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

#### 7. On the 10 Small Beads of Each Decade

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

#### 8. Repeat for the remaining decades

Saying the "Eternal Father" (6) on the "Our Father" bead and then 10 "For the sake of His sorrowful Passion" (7) on the following "Hail Mary" beads.

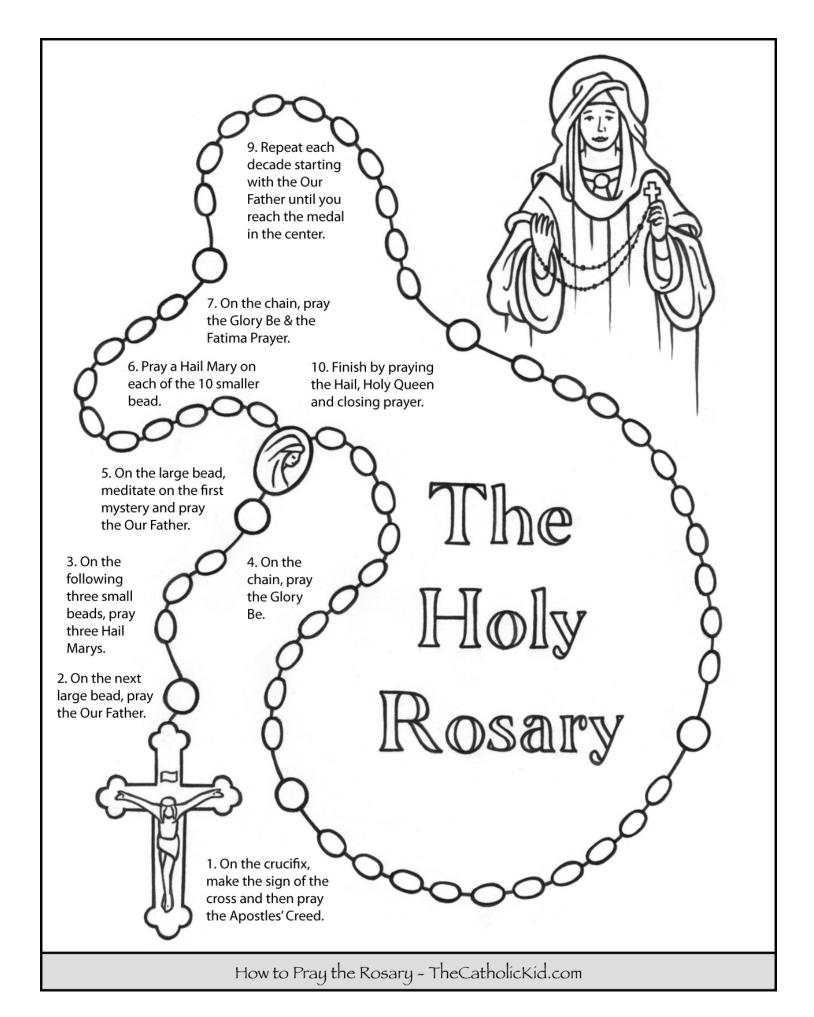
#### 9. Conclude with Holy God (Repeat three times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

#### 10. Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

The Divine Mercy Chaplet Prayers - @ TheCatholicKid.com



#### How to Pray the Rosary

First, choose a set of mysteries from below:

#### The Five Joyful Mysteries...

Monday, Saturday, and Sundays of Advent

- 1. The Annunciation
- 2. The Visitation
- 3. The Nativity
- 4. The Presentation in the Temple
- 5. The Finding in the Temple

#### The Five Sorrowful Mysteries

Tuesday, Friday, and Sundays of Lent

- 1. The Agony in the Garden
- 2. The Scourging at the Pillar
- 3. The Crowning with Thorns
- 4. The Carrying of the Cross
- 5. The Crucifixion and Death

#### The Five Glorious Mysteries

Wednesday and Sundays outside of Lent and Advent

- 1. The Resurrection
- 2. The Ascension
- 3. The Descent of the Holy Spirit
- 4. The Assumption
- 5. The Coronation of Mary

#### The Five Luminous Mysteries

Thursday

- 1. The Baptism of Christ in the Jordan
- 2. The Wedding Feast at Cana
- 3. Jesus' Proclamation of the Coming of the Kingdom of God
- 4. The Transfiguration
- 5. The Institution of the Eucharist as a Sacrament

Begin prayers by holding the Crucifix and reciting The Apostles Creed. Then follow the arrows along the beads, saying the prayers as indicated. When two or more are praying the Rosary together, the Leader recites the part of the prayer printed in bold and the others recite the rest of the prayer together.

Prayers prayed during the recitation of the rosary: The Apostles' Creed

I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He arose from the dead. He ascended into heaven, sits at the right hand of God, the Father Almighty, from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and the life everlasting. Amen.

#### The Our Father

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

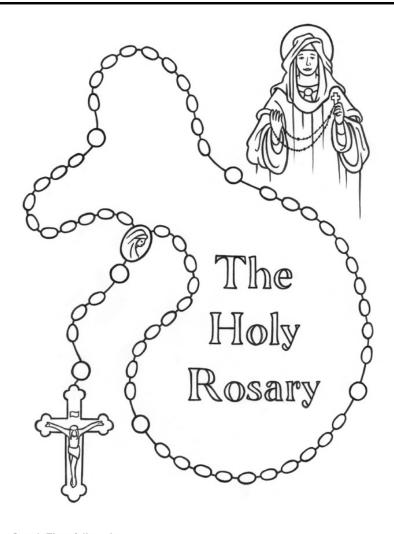
#### The Hail Mary

Hail Mary, full of grace, the Lord is with thee, blessed art thou amongst 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.

#### The Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

You may add after each Glory Be: "Oh my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those in most need of Thy Mercy."



How to Pray the Rosary (Page 1 of 2) - TheCatholicKid.com