

OCTOBER IS THE MONTH OF THE HOLY ROSARY!

The Catholic faithful are encouraged to pray the Holy Rosary every day, during the entire Marian month of October. This beautiful prayer of the Rosary can draw us closer to Jesus and Mary by meditating on the great mysteries of our salvation.

Here are some ways to incorporate the Rosary into your Small Group this month...



- Consider assigning everyone a day during the month of October. On that day, have everyone in your group commit to praying a Rosary for that person & their intentions, continue doing this until everyone in your group has been prayed for. Set up a way to message the group to remind them.
- End each meeting this month by reciting a decade of rosary together.
- Consider dedicating one full meeting this month to learning more about & praying the rosary together. You will find great resource videos on the Rosary page of the Holy Family website to watch & discuss during your meeting. Why not end by praying alongside Bishop Barron or listening to Scripture between each Hail Mary in the Scriptural Rosary videos, both options have beautiful images to watch as you pray and meditate on the life of Mary & Jesus.
- **Plan to attend the ROSARY RALLY on Saturday Oct 16th at 12noon at Holy Family in the Parking Lot!**

Visit the link below: (double tap)
holyfamilywhitby.ca/rosary/-2/

OCTOBER 2021



SMALL GROUPS

HOLY FAMILY NEWSLETTER

God, I want to take a minute, not to ask for anything from You but to simply say Thank You or all I have.



Thanksgiving as Small Group

Why not make one of your Small group gatherings a Thanksgiving Celebration...

This month in your small group, consider an active night of prayer to live out your thankfulness in your life & in your community. Begin your regular meeting with a time of worship and praise, we have included a few suggestions with the videos [HERE \(double tap\)](#). Read a psalm in between songs then spend a few minutes speaking out words and prayers of thanksgiving. Make this time a celebration of who God is and who He created you and your group members to be.

[CLICK HERE \(double tap\)](#)- for suggested Thanksgiving Psalms and Praise & Worship videos.

Spend time discussing God's promises. Give each member an opportunity to talk about things they are thankful for.

Other suggestions:

- Pray a prayer of thanksgiving for Fr László & Fr Ravi, and all clergy including the Bishops and Pope Francis.
- For our Parish community and our catholic schools. Pray especially for our teachers and students during this difficult time.
- Pray for family & friends who have fallen away from their faith or who do not know Christ - that they will be drawn to the Church and that God speak to their heart.
- Community workers; police, fire fighters, and government workers.
- Healthcare professionals who look after you.
- Spend time during your small group Thanksgiving Celebration to find ways to thank people in your life.

Give Thanks Year-Round...

Get your small group involved & give thanks on a regular basis throughout the year!

Try to set aside other times throughout the year to spend significant time being in a mindset of gratitude, thanking God and others. Giving thanks doesn't just benefit the other person. You will receive benefits from doing it as well. You will begin to feel happier and more relaxed. In fact, it has been proven in studies that being grateful can have a positive effect on your health. It can reduce your stress and boost your immune system.

Why wouldn't you look for every opportunity to show your thankfulness?

Thanksgiving Prayer

Father all-powerful, Your gifts of love are countless and Your goodness infinite. On Thanksgiving Day we come before You with gratitude for Your kindness: open our hearts to concern for our fellow men and women, so that we may share your gifts in loving service. We ask this through our Lord Jesus Christ, Your Son, who lives and reigns with You and the Holy Spirit, One God, for ever and ever. Amen



WE NEED FRIENDS THAT WILL HOLD US ACCOUNTABLE TO GOD'S STANDARDS - FRIENDS THAT WILL **> SHARPEN US**



Iron is sharpened by iron; one person sharpens another. **PROVERBS 27:17**

Think of your small group as team, we have checks and balances, we watch each others backs. We help each other when we falter or lose sight of the goal. Not always agreeing with us, what we do, or what we say. Just like a team player encourages his fellow team mates to be better players, we encourage our small group family to grow in faith and stive to become more like Jesus.

When we pray for each other, our relationships strengthen making our small groups stronger, taking them to a deeper level. Even if we don't know their specific needs, we can pray that:

- they live a life pleasing & honouring to God;
- they know God better and better;
- they will understand God's will;
- they gain spiritual wisdom;
- they are always thankful;
- they endure in patience;
- they stay full in Christ's joy;
- they do kind things for others;
- they are filled with God's strength;
- they recall God's forgiveness of their sins.



"How has The Wild Goose affected you?"
Testimonies from some of our small group members...

"Re-visiting Wild Goose is helping our entire group learn how to live in the Spirit - which is so important, especially now, given the times we live in." Richard

The Wildgoose series is created to help you rediscover or learn for the first time how the power of the Holy Spirit is at work in our lives. Fr. Dave Pivonka beautifully narrates and shares the stories of people's experience of the Holy Spirit, and engages you to be open to that same Spirit so you also can be brought to life. **Andrea**

"I loved Fr Dave and the videos were beautiful!"

"Wild Goose helped me to learn how to really trust the Lord and surrender my heart in way I was never able to do before" Sue

SERIES OF THE MONTH

ON FORMED!

There are many amazing resources available for your Small Group to help you grow in faith and become more like Jesus! This month we focus on "The Wild Goose" with Fr. Dave Pivonka.

The Wild Goose is a 14 part series that invites viewers to an encounter, or a renewed encounter, with the Holy Spirit. There is a downloadable participant guide.

This is a Small Group favorite and can help lead your group to a place of mercy, healing, peace, and presence. The Wild Goose series can help your group experience a deeper relationship with the Person of the Holy Spirit, and experience God's presence and power in a new way!

Use your FORMED account to access The Wild Goose vidoes & participant guide.

New to Formed? Visit the webiste to se up our free account at: *(Double tap link)*
hollyfamilywhitby.ca/formed/

Contact Kim for more Information, to share your thoughts or to ask for support!
holyfamily.kim@gmail.com



Already did The Wild Goose?

EXPERIENCE WILD GOOSE AGAIN!

You are probably not in the same place spiritually so why not consider re-visiting Wild Goose with your changed hearts, in this new season of your lives? The conversations will most surely be much different! *Perhaps deeper...?*