

September Family Pack

EVERY DAY'S

St. Michael



A FEAST DAY

Name _____

-SEPTEMBER 2026-

SCAN
TO
LISTEN

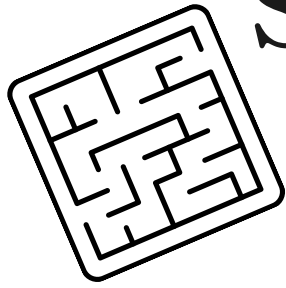


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Ven. Marie-Josephite Fitzbach Be kind to someone others exclude	2 St. Ingrid Take a walk while praying for someone	3 Gregory the Great Welcome someone who is far from home	4 Saint Rosalia Pray for a suffering stranger you don't know	5 Mother Teresa Do one small task with extra love today
6 Bl. Bertrand Give up something small to help others	7 St. Regina Offer an ordinary chore to Jesus as prayer	8 Bl. Frédéric Ozanam Give something to someone in need	9 St. Peter Claver Treat someone with extra kindness and respect	10 Ven. Ignacia del Espritu Santo Do something kind without letting anyone find out.	11 SoG William Atkinson Give someone your full, undistracted attention today	12 St. Francis Choe & Bl. Maria Yi Share a Bible story with someone younger
13 John Chrysostom Say "Glory be to God" instead of complaining	14 The Exaltation of the Cross Make the Sign of the Cross slowly	15 Our Lady of Sorrows Stay close to someone who is sad or hurting	16 St. Cyprian of Carthage Thank God for one way your faith has grown.	17 St. Robert Bellarmine Teach someone younger a truth about faith	18 St. Joseph of Cupertino Bring a struggle to Jesus in prayer	19 St. Emily de Rodat Pay close attention to the needs around you
20 Sts. Andrew Kim & Paul Chong Do something to help your parish	21 St. Matthew Invite someone to an activity that introduces Jesus	22 St. Thomas of Villanova Give away something	23 St. Padre Pio Admit a mistake honestly, without making excuses	24 St. Gerard of Csanád Let someone know they are loved.	25 St. Sergius Bring something difficult to God in prayer	26 Sts. Cosmas and Damian Use a talent to help someone
27 St. Vincent de Paul With a friend, do something for God.	28 St. Wenceslaus Help someone secretly	29 The Archangels Pray the St. Michael Prayer.	30 St. Jerome Read a Bible passage slowly and carefully			

Sept 5th: Mother Teresa

"Do small things
with great love."



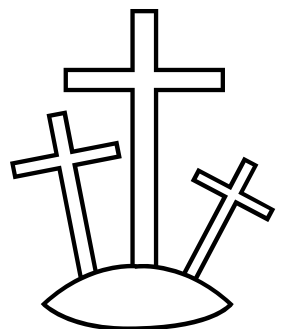
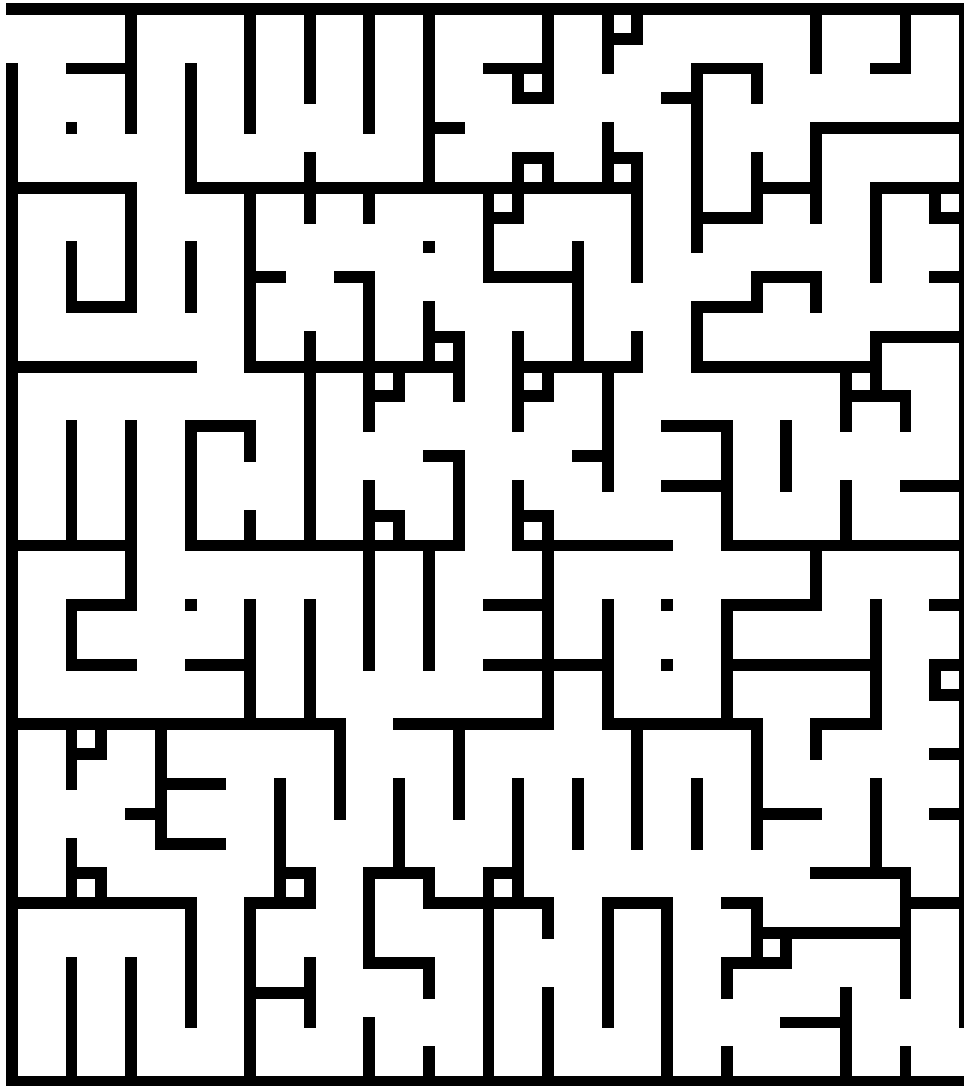


Sept 14th: Exaltation of the Cross

Instructions : Find the True Cross Maze

St. Helena traveled to Jerusalem to look for the Cross on which Jesus died. She found three crosses, and a miracle helped show which one was the True Cross of Jesus.

Help St. Helena find the three crosses!



Sept 15th: 7 Sorrows Rosary

"Pray for us, O Virgin most sorrowful, that we may be made worthy of the promises of Christ."

THE PRAYER

Repeat at each mystery: 1 Our Father
+7 Hail Marys + Most Merciful Mother,
remind us always about the Sorrows of your Son, Jesus.

BEGIN

Sign of the Cross, 3 Hail
Marys, Most Merciful Mother

4TH

3RD

SWORD OF SORROW
The Loss of Jesus in
the Temple
(Luke 2:43-45)

2ND

SWORD OF SORROW
The Flight Into Egypt
(Matthew 2:13-14)

1ST

SWORD OF SORROW
The Prophecy of
Simeon (Luke 2:34-35)

SWORD OF SORROW
Mary Meets Jesus on
His Way to Calvary
(Luke 23:27-29)

5TH

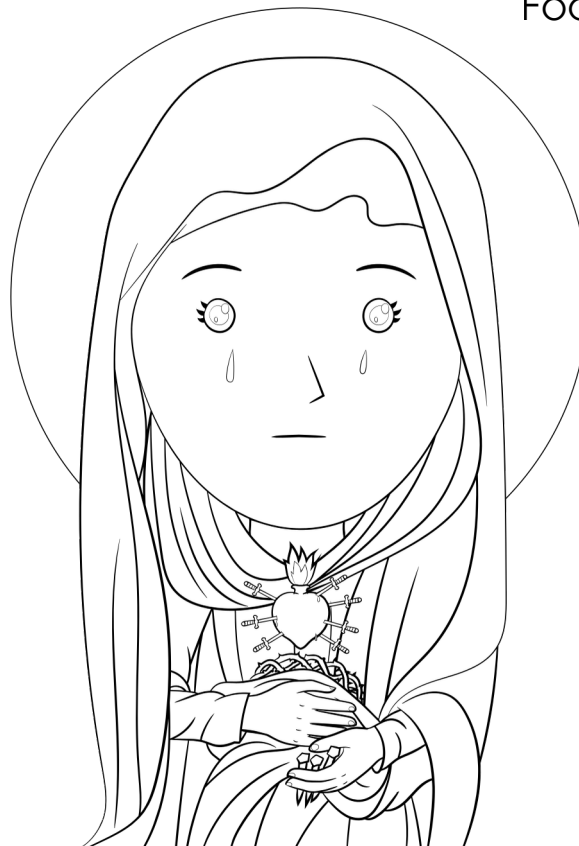
SWORD OF SORROW
Mary Stands at the
Foot of the Cross (John
19:25-27)

6TH

SWORD OF SORROW
Jesus Is Taken Down
from the Cross (John
19:32-34)

7TH

SWORD OF SORROW
The Burial of Jesus
(John 19:41-42)



Mary, who was conceived without sin and who suffered for us, pray for us.
(Pray 3x) Sign of the Cross

Sept 23rd: Padre Pio

“Pray, hope,
and don’t worry.”





Sept 29th:



Feast of the Archangels

Instructions : Answer the Riddles below!

Circle the correct archangel below each quote.

WHO AM I?

"God sent me to Mary with wonderful news."

Gabriel Michael Raphael

"I fought against the dragon."

Gabriel Michael Raphael

"I traveled with Tobias and helped heal his father."

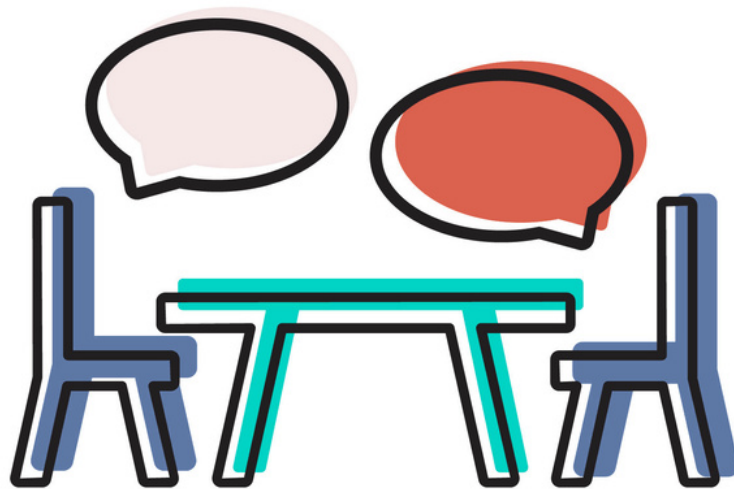
Gabriel Michael Raphael

Sept 30th: St. Jerome

"Ignorance of Scripture
is ignorance of Christ."



Saints Around the Table



Dinner Discussion Questions for the Family

Print the next 3 pages one-sided and cut along the dotted lines. Fold each strip and place them in a jar at the center of your table. Each night, choose one question to read aloud and discuss together as a family.

Who is someone in our life that others might overlook,
and how can we open our door to them?

What is something hard we could
offer up as a prayer this week?

Has a small act of kindness ever
grown into something much bigger
than you expected?

What's one way, big or small, you
could serve our parish this week?

Do you think good things we
do in secret still matter, even if
no one ever finds out?

How can our prayer time help us love
people better throughout the day?

What is something we could give up
this week to help someone else hear
about Jesus?

What is one ordinary task we could
turn into a prayer this week?

Can you think of a time actions spoke
louder than words about your faith?

Who might be easy for us to overlook,
and how can we show them we see
their worth?

Has God ever opened an unexpected
door for you after another one closed?

How can we offer up something hard
we're going through instead of just
complaining about it?

What is one thing about our faith we
could pass on to someone younger in
our family?

When is it hardest to tell the truth, even
kindly, and why?

What does the crucifix in our home
remind us of when we look at it?

Who in our family needs us to simply
stay close to them this week?

Can you think of a way you've
changed for the better since
you were younger?

What's something you find difficult that you could bring to Jesus in prayer instead of worrying about alone?

Has God ever used something small you almost overlooked to start something important?

Who is someone you could invite to pray with you or come to Mass?

Is it better to give someone a quick handout or help them not need help anymore? Why?

Why do you think being completely honest, even about our mistakes, brings us peace?

Has God ever changed your plans for something better than what you expected?

What's something you struggle with that you could trust God to help you with?

What talent do you have that you could use to help someone for free?

Who is a friend that helps you grow closer to God?

Who taught you about the Catholic faith, and how could you thank them?

What is one way you could talk to your Guardian Angel today?

What's one Bible verse or story that means a lot to you?

What is one truth about our faith you could explain to a younger sibling or cousin?