



ALMA EST 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Offer a Mass for your priests and future vocations—pray big, love your shepherds!	4 Have everyone put prayer intentions in a bowl and draw at random. This week, pray for your prayer buddy's intentions.	5 Apologize to someone you hurt. Forgive someone who hurt you.	6 <i>The Transfiguration of the Lord</i> In honor of the Transfiguration, come to dinner dressed in your best clothes.	7 Demonstrate charity by inviting friends over for dessert tonight.	1 Make a family visit to Jesus in the Blessed Sacrament—pray the Divine Mercy Chaplet and share a moment of peace and power. Find it here: www.usccb.org	2 Take everyone to Confession at church, then celebrate God's mercy with ice cream!
10 Today at Mass, thank God for the gift of the Eucharist, the "source and summit" of the Faith.	11 Ask your pastor how your family can pitch in—learn up and make parish life awesome!	12 Flip worries into thanks—trade stress for gratitude on the spot!	13 Chase fireflies, catch the glow, then set them free before lights out!	14 Turn a dreaded chore into a prayer—each of you can offer it for someone who needs a lift!	15 <i>The Assumption of Mary</i> Go to Mass, then pray a family Rosary—double the grace, together.	16 Take a mini pilgrimage to a nearby church or shrine—pray big for the Church along the way!
17 Stay around after Mass and pray for peace—linger a little, love a lot.	18 Shape coat hangers or pipe cleaners into bubble wands, dip, and fill the yard with giant, soapy fun!	19 Join in prayer for someone who gets on your nerves.	20 What if Jesus showed up for dinner—what would you say or do?	21 Surprise an elderly or infirm neighbor—offer to tackle their yardwork.	22 <i>Queenship of Mary</i> Pray "Hail, Holy Queen" together before an image of Our Lady.	23 FAMILY MOVIE NIGHT! Grab popcorn. Press play. Enjoy the show.
24 After Mass, say a prayer for teachers and students kicking off a new school year.	25 Play "Guess the Saint"! Grab <i>Butler's Lives of the Saints</i> , drop clues, and take turns guessing.	26 Brighten the sidewalk—chalk up some feel-good messages for your neighbors.	27 Tonight, turn off the screens and tune in to God—together.	28 Cool off by washing the car together.	29 From noon to 3:00pm—the hours Jesus hung on the Cross—unplug from screens in His honor.	30
31 At Mass, thank God for the summer's blessings—big and small.						