



# This week's 5-Day Trip Planner

AUG 9-AUG 15

FOR DETAILS on activities and MORE OPTIONS, VISIT:

[click on website here](#)

PICK ONE DESTINATION OR PICK THEM ALL! RELAX! IT'S OUR SUMMER JOURNEY OF FAITH...HOMESTYLE! You choose the route!

<p><b>DAY</b> <b>1</b></p>	<p><b>Destination:</b> Calm your worries</p> <p>Sometimes we feel worried and that nothing can help us, but when we add God, we are able to worry a little less! Conduct this 'Calming our Worries' experiment as shown by a St. Catherine of Siena family: <a href="https://youtu.be/OirIrd476Ec">https://youtu.be/OirIrd476Ec</a></p>	
<p><b>DAY</b> <b>2</b></p>	<p><b>Destination:</b> Embrace your courageous side</p> <p>Today, create a Courage Jar! Have each family member write messages on a popsicle stick and put them in a jar. Each day, choose one for an encouraging, empowering reminder of how we can overcome our fears and weaknesses with God's help.</p>	
<p><b>DAY</b> <b>3</b></p>	<p><b>Destination:</b> Refill your bucket (literally, and figuratively!)</p> <p>Let's have a race! Have fun with a sponge water relay! Put two buckets at opposite ends of your 'track'. Fill one bucket with enough sponges for each participant and another empty bucket at the opposite end. You can either time how long it takes the group to fill up the empty bucket, or create a race with two sets of buckets!</p>	
<p><b>DAY</b> <b>4</b></p>	<p><b>Destination:</b> "Float away" with some soothing jello!</p> <p>Take a snack break to calm the seas! Put some Swedish fish in blue Jell-o! Then create a boat using apple slices, a pretzel stick and a triangle piece of cheese for the sail!</p>	
<p><b>DAY</b> <b>5</b></p>	<p><b>Destination:</b> Put it in the hands of God and Mother Mary</p> <p>Pray this prayer to "Mary, Undoer of Knots" when you are facing challenges and struggles. Let Go, and Let God!</p>	