

CASA Family Gathering • October 9, 2018

Focus: Faith, Hope and Humor

Specific Purpose

To continue to build supportive relationships through faith, a hopeful outlook and humor.

Our Faith Intention Today

Let us continue to pray for Owen Loftus and his Mom and Dad, Susan and Dan. Owen's funeral mass will be on Thursday at Saint Odilia's in Shorewood at 11:00 a.m. Let us pray for everyone who has cancer and getting treatment. Let us pray that medical research will find a cure.

Let us remember the families in Indonesia who are living in the aftermath of the earthquake and tsunami. Currently the death toll has reached 1,763 with 5,000 people missing.

Do you have any special intentions?

Opening Prayer

Let Us Remember.....

And Let us Love God and the Dear Neighbor....

We are in the Holy Presence of God.

Without Distinction.

Almighty God, we know that You are close to those who are broken-hearted and filled with grief. Draw close to all who are grieving today; fill their hearts with hope.

Give us hearts that are gentle and sensitive; wisdom to know how to comfort one another, and; a belief that our quiet presence alone is enough. And may we be not only instruments of Your peace, but also hope.

St. Joseph....Pray for Us! St. John Baptist De La Salle....Pray for Us!

Live Jesus in our Hearts.....Forever!

Check-In

What was a highlight of this past week? and/or

Who is someone you admire? and/or

What are you planning for MEA break?

Introduction

As a community, we have experienced a lot this past week. May we be present during this CASA family gathering to connect and support each other.

Activity

These suggested activities can help with creating connections within your CASA family. Some are repeats from past sessions and there are new suggestions as well.

Option #1: More Cowbell

Zach Muetzel told a beautiful story about Owen proudly playing the cowbell in marching band last week. As a tribute to Owen, watch the Saturday Night Live video, *Behind the Music*. Note that there is a brief Nissan commercial before the video begins...

<https://www.nbc.com/saturday-night-live/video/more-cowbell-with-will-ferrell-on-snl-video-saturday-night-live-nbc/3506001>

Option #2: Enjoy a Snack Together.

It is always nice to share a snack as part of CASA. Continue to create a calendar for snacks for each CASA gathering. Assign certain items to family members. Perhaps plan for a bigger food social around the upcoming holidays. This activity works best when everyone participates and contributes when it is their turn.

Option #3: Spoon and Puffball Relay [some puff balls in Ms. Tighe's mailbox]

You will need: spoons and two puffballs (you can use cotton balls too, or marbles)

Goal: To pass a puff ball between team members.

Instructions: Each team member gets a spoon and puts it in their mouth. The first in line puts the puff ball on the spoon and proceeds to pass it to the next person, and they pass to the next, etc. The first team to pass their marble through the line gets the WIN.

Option #4: Earthquake and Tsunami in Indonesia

Watch the news and become aware of what is happening in Indonesia. What might we do as a community to respond to this tragedy?

<https://www.nbcnews.com/news/world/indonesia-quake-toll-nears-2-000-thousands-still-missing-n917661>

Option #5: Quiet Meditation

Make some quiet moments for meditation and revitalize yourselves for the day ahead. Simply lower the lights and play some music for meditation. Note there is a commercial that can be skipped.

https://www.youtube.com/watch?v=U2IZIUZ_ZwU&vl=en

Option #6: Mindful Eating (Bring your own Hershey Kisses or Dove, et. al)

Lead students through this mindfulness exercise using the following instructions:

[Mindful Eating](#). Discussion questions after the activity are included in the link.

Closing

What are you looking forward to this week? (NO, you cannot say Friday!!)

Check-out: Please work together to clean up the space and leave it better than you found it. This check out activity is about CASA family-teamwork.

