

CASA Family Gathering • November 27, 2018

Focus: A New Trimester - A New Beginning

Specific Purpose

To gather as a CASA family to begin the new trimester and create a fresh start through support for one another.

Our Faith Intention Today

Let us be grateful for the Thanksgiving holiday and the days of rest with family and friends. Let us remember those express gratitude for our many blessings. Let us remember those who are in the caravan in Mexico and let us pray for leaders to offer compassion. Let us continue to remember those whose lives have been dramatically affected by gun violence and forest fires in California. Let us pray for those living in small tent cities and for those who are helping them find shelter for the winter. And let us continue to remember all who have died, particularly during this past year, during this final week of the Month of Remembrance.

And for whom or what else shall we pray?

Opening Prayer

Let Us Remember.....

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

We are in the Holy Presence of God.

Without Distinction.

May there be peace within us. May we trust God that we are exactly where we are meant to be. May we not forget the infinite possibilities that are born of faith. May we use those gifts that we have received, and pass on the love that has been given to us. May we be confident knowing we are a children of God. Let the presence of God settle into our bones, and use our gifts to be present to the Dear Neighbor in our midst. For God's holy presence is here for each and every one of us.

(St. Therèse of Lisieux, St. Theresa of Avila and adapted by Ms. Tighe)

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 your Thanksgiving and break?

Introduction

Please consider using one or two of the following activities during your CASA today.

Activities

Option #1: Take A Stand!

This activity involves surveying people's positions quickly on various matters. It involves physical movement with topics that range from the safe to the serious.

1. Put down a long line of tape (or string, or best, create an invisible line on the floor!).
2. Ask your CASA family to stand on the line (tape, string or designated line on the floor). When each statement is read, family members take one step forward if they agree with the statement. Those who do not agree stay on the line.
3. CASA family members should be able to see immediately who agrees with the statement and who does not. Once they make this observation, those who stepped out can return to the line.
4. Repeat with each statement.
5. After all statements have been read, the CASA family can discuss what they observed:

What did I observe?

What surprised me?

What was something new that I learned about someone/our group?

Statements that can be used (or make up your own):

Instruction: *If you agree with the following statements, take one step forward.*

I am glad to be back after break.

Turkey: I like dark meat.

Dessert: I like pumpkin pie.

Dessert: I like pecan pie.

I look forward to snow and the winter season.

I traveled during Thanksgiving break.

I took naps during Thanksgiving break.

I like artificial Christmas trees.

I have a Christmas tree up already where I live.

Trimester: I look forward to this new trimester.

I have never had a broken bone.

I have seen the “tent cities” here...either in Saint Paul or Minneapolis.

I think the California fires occurred because leaves in the forest had not been raked.

I believe in global warming.

I have known someone who had committed suicide.

I have known, or know someone who is fighting cancer.

I would allow the people walking in the caravan to enter our country.

I believe in Santa Claus.

I plan to do some form of service during the next month.

I am disappointed when school is closed because there is a blizzard.

Option #2: Who Am I? (Needed: one scarf or something to cover the Guesser’s eyes)

This activity seeks to help family members know each other’s voices and names. It may seem silly but it can be a lot of fun!

1. Have the CASA family form a circle.
2. Ask one person to be the “Guesser,” i.e., the one who will try to guess the name of one of the people in the circle. Ask the Guesser to stand in the middle of the circle.
3. Help the Guesser cover her/his eyes and help his/her spin (SLOWLY) around a couple of times.
4. Ask the group to shift over a few times (so if the Guesser did peak before covering the eyes, folks are not in the same position).
5. The Guesser points in a direction to someone in the circle and says the name of one animal (dog, cat, canary, elephant, lion, hawk, etc.).
6. That person then makes the noise of that animal.
7. The Guesser then guesses the name of that person.
8. Once he/she gets it right, they remove the blindfold and become part of the circle and someone else becomes the Guesser.

Option #3: KAHOOT Trivia Game

The link to this activity will be available on Monday.

Option #4: Quiet Meditation

This activity remains on the list because taking time to slow down and be still creates a foundation for a more peace-filled day. Take some moments for quiet and revitalize yourselves for the week ahead. https://www.youtube.com/watch?v=U2lZIUZ_ZwU&vl=en

Closing

What is your personal goal for this first week of the trimester?

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.

