Autumn is a time of new beginnings

Autumn is a time of change and of new beginnings. And whether your family is dealing with a new school or simply a new grade-level, change can be scary. Jesus knew this. He reminds us over and over in the gospels to “be not afraid” because no matter what we face in our daily lives, He is by our side leading and guiding us. Below are some activities to help kids grow in faith throughout autumn and beyond. Because as Catholic Christians we believe that if we make Christ the center of our lives, then we truly have nothing to fear (not even the lunch table!).

Read and discuss how Abraham in the Old Testament welcomed his guests and how today, kids can do the same.

Harvest begins in September. Celebrate the bountiful harvest by preparing an Autumn favorite.