

# **Bible craft, Facebook detox, and pray with the Pope**

Our round-up this week includes something for you, a smile or two, and some food for thought. Oh, and a craft. Because even the craft-averse among us can handle this one.

## **Celebrate the Gospels as a family.**

Every Saturday [on our Instagram feed](#), you'll find a quick reflection on the weekend's Gospels.

## **Find leisure.**

When we talk about rest and leisure, too often we equate it with wasting time or simply being idle. Let's not forget that [our lives are to be centered on Christ](#), not on the workweek or the work we do (home or office!).

## **Do you need a Facebook detox?**

What would you do without Facebook? You might just find yourself [communicating better and spending time differently](#).

## **Pray with the Pope.**

This month, [Pope Francis's intentions are for young people in Africa](#). Let's include that in our prayers together.

## **Enjoy a Bible craft.**

Kids love noise. Kids love messes. Kids love crafts. So what if we told you could get an A+ in all three of those areas with one project? [Lacy at Catholic Icing](#) has an easy-peasy tambourine that ties in Psalm 100's "Make a joyful noise unto the Lord" admonition and as much (or as little) decoration as you want to include.

*Do you have a link or resource to share? Send it to us at*

[takeout@osv.com](mailto:takeout@osv.com) so we can share it in a future issue!