

ACTION IDEAS

FROM

Christian Family Movement

- **ACTION ACTIVITIES FOR GROUPS OF FAMILIES**
- **FAMILY GROUP FUN ACTIVITIES**
- **INDIVIDUAL FAMILY FUN ACTIVITIES**

ACTION ACTIVITIES FOR GROUPS OF FAMILIES

- Volunteer to work in a community soup kitchen.
- Help with a communal garage sale for a needy cause.
- Help sort donated clothing for local Birthright organization.
- Host an ice cream social at a nursing home / foster care facility.
- Go Christmas caroling at a nursing home / foster care facility.
- After Sunday Mass, gather in front of an abortion clinic to pray, then go out for breakfast.
- Join a walk-a-thon, bike-a-thon, etc., for a charitable cause.
- Hold a “baby shower” for local pro-life problem pregnancy center.
- Sponsor a flea market with items from a local St. Vincent de Paul resale shop.
- Organize and sponsor a Christian book fair/sale. Give proceeds to needy.
- Hold an action auction of donated gifts and services. Give proceeds to needy.
- Pot-luck dinner and mystery auction. Proceeds to needy cause. (Every family / person brings 1 or 2 new, like new, or “joke” items to auction. Start bidding at \$0.10.)
- Participate in “March for Life” or other demonstration.
- Join or start a Birthright counseling service.

- Collect cans, papers, or clothing that might be thrown away and take them to recycling centers.
- Offer to teach a short course on married life to a high school religious education class.
- Donate your children's outgrown toys, books, puzzles, and baby equipment to a child care facility in your area.
- Volunteer at a day care center, children's institution, or a nursery program at your church.
- Start a neighborhood phone chain to support latchkey children (similar to block parents).
- Explore the possibilities of an extended day program for latch key children at your neighborhood school or church.
- Sponsor a refugee family.
- As a group do something to arouse interest in neglected community issues.
- Write to your senator and/or congressman with your views on pornography.
- Find out the position of your congressman regarding abortion, nuclear arms race, etc.
- Adopt a family who suffers from lack of necessities. Decide how you can share yourselves with this family.
- Set aside a day to visit patients at a local convalescent hospital.
- Volunteer your services at a battered women's shelter or a shelter for the homeless.
- Set up a Marriage Enrichment Day of Evening in your parish.

- Volunteer to work in your parish pre-marriage program.
- Contribute books on parenting to your parish library. If you don't have a library, organize one.
- Contribute to a food pantry in your area.
- Support Big Brother/Big Sister, Boys Club or similar organization in your area by volunteering your time or donating funds.
- Sponsor and alcohol education series in your church/community. Reach out to someone who needs help with an alcohol problem.
- Work with your community leaders to set up career (job) counseling and retraining sessions for the unemployed or volunteer to help with an existing program.
- Help your parish community to develop support (emotional, social, financial) for the unemployed. Find ways to help the unemployed, such as: help prepare job applications, type resumes, invite an unemployed family for a meal.
- Coordinate the start of a community garden in a depressed area.
- Visit and volunteer to work at a crisis center in your community.
- Get a group of people together and offer to help your pastor accomplish some work that needs to be done around the church.
- Set up a parish skills/services bank in which parishioners are invited to identify those skills or services that they are willing to donate, and under what conditions, to other parish members.
- Organize a car pool to drive the elderly to church.

- Organize and support a teen group in your parish or community.
- Organize a Young Moms group for stay-at-home mothers in your community.
- Visit a nursing home or prison.
- Become involved in the pro-life movement.
- Organize a support group for single parents.
- Study the issues and support a political candidate.
- Start or assist local political programs for young people.
- Visit a community organization which assists the handicapped in locating employment. Find out what obstacles the physically and developmentally disabled encounter when seeking jobs.
- Sponsor an adult education workshop on practical energy-saving devices and practices in the home, e.g., solar heating, energy conservation, etc.
- Develop a task force of retirees within your community to become involved in meaningful assistance to organizations or institutions.
- Set up adult education classes in your church facilities for senior citizens.
- Initiate efforts to establish a ministry to the bereaved in your church or improve the existing one.
- Sponsor a Senior Citizen's talent show or crafts and art exhibit with "how to" sessions conducted by older persons.
- Sponsor a workshop on legal planning for persons in your community or church.

- Arrange a Hunger Day in your church. Have a non-meal Meal Service and substantial food collection for an emergency center.
- Plan an event for families that celebrates racial-ethnic diversity.
- Start a “business people’s breakfast” for prayer and reflect on Christians in the business world.
- Inaugurate a telephone checking service for the elderly and shut-ins in your parish.
- Form a party committee which gives parties once a month at nearby institutions.
- Promote the idea of scaling down our traditional Christmas extravagance. Make available such resources as the “Alternate Christmas Catalog.”
- Plan a potluck dinner for foreign students.
- Plan a cultural progressive dinner featuring foods, games, or customs from various races or nations.
- Start a babysitting co-op or provide a holiday babysitting service for busy stay-at-home mothers.
- Write your legislators about the government spending cuts and how they affect poor families, especially the children.
- Take advantage of the excellent films, study materials and speakers of the Anti-Defamation League in your area.

FAMILY GROUP FUN ACTIVITIES

- Hold a Seder Meal.
- Organize a hayride, canoe trip, swimming party, skating party, hike, cross-country skiing, bonfire, camping, ride a train.
- Guided walk by local park naturalist followed by a picnic.
- Sledding party.
- Bowling party followed up by meal at a local “fast food” or pizza place.
- Rent a high school pool for a winter swim party.
- See a play at a local college or community theater. Inquire about group rates.
- Take a tour of some place you have never gone before (factory, farm, exhibit, etc.)
- Have a make your own Sundae Party on Fat Tuesday (the day before Ash Wednesday).

INDIVIDUAL FAMILY FUN ACTIVITIES

- Have an Memories Party. Show movies, slides, videos of “The Way We Were.” Serve refreshments.
- Research and prepare a family tree or family history to give your children a sense of who they are.
- Plan an extended family reunion gathering aunts and uncles, cousins, grandparents to celebrate as a family.
- Begin a round-robin family letter or tape. Tell about your family and mail it to other family members so that they can add their news and pass it on.
- Have a carwashing party – everyone wear swimming suits.
- Prepare a family scrapbook.
- Organize a family council to discuss family issues.
- Organize a once a month family outing.
- Plan a family outing to the local art gallery or museums.
- Purchase an inexpensive 1000-piece puzzle and work on it as a family until completed. Glue it to a backing and hang it.
- Attend a National CFM Convention.

- Visit an elderly person or couple in your neighborhood with whom your family could become friends.
- Call your local housing authority or office of aging to learn about adopting a grandparent.
- Take your family to a religious service at a nearby nursing home.
- Bake and delivery a friendship cake to a new neighbor or shut-in.
- Take an older or handicapped person on an outing or bring them groceries.
- Pull the plug on the TV for a week.
- Write or call an old friend.
- Let a candle burn in your window at times when international peace talks are being conducted. Encourage others to do the same as a symbol and expression of the Prince of Peace, light of the world.
- Start a neighborhood association in your neighborhood.
- Organize a block party.