

# SUMMER OF Sainthood

**BECOMING A SAINT IS MADE ONE CHOICE AT A TIME.**

— BISHOP FRANK CAGGIANO

## TODAY I WILL...

	Say thank you five times.	Learn a new prayer.	Plant some flowers with a family member or friend.	Offer to help someone with a project.		Say five positive things to someone who bugs you.	Tell someone close to you that you love them.	Pick up trash that is not yours.	
Call or write your grandparents.	Invite a new friend over to your house.	Help clean up around the house.		Visit a retirement home - bring drawings or board games.	Leave a nice note in a library book.	Make time for Eucharistic Adoration.		Pray for our priests.	
	Donate canned food to a food pantry.		Clean your room without being asked.		Go without sweets all day and instead, pray for the sick.	Learn the Corporal Works of Mercy.	Send a get-well card to somebody.	Set the table for dinner.	Create a list of reasons you are grateful.
Spend ten minutes in silence.	Volunteer at the local animal shelter.	Take the garbage out without being asked.	Color kindness stones and leave them throughout your town.	Leave a kind note in the mailbox for the mail carrier.		Donate some money to the church's poor box.		Make hygiene kits for those who are homeless.	Write a kind note to someone in your family.
	Pray the Stations of the Cross.		Pray your favorite prayer.			Donate clothes to a charity.		Donate toys and books to charity.	
Attend Mass every Sunday.		Volunteer at a soup kitchen.		Thank your family just for being present in your life.		Pray for your teachers.			
	Memorize one Bible passage each week.	Offer to walk a neighbor's dog for free.	Compliment a family member.	Recycle bottles and cans.		Clear the table without being asked.	Learn about a saint.	Help your parents cook dinner.	Go all day without electronics and offer the sacrifice for those who are ill.
Pray for a friend.	Pray the Rosary.		Write thank you notes and bake cookies for first responders.	Return stray carts at a grocery store.	Send a letter to your godparents.	Turn off the lights when you leave the room.		Turn the water off when you brush your teeth.	
Join the Family Bible Challenge.	Bake cookies to share.	Volunteer to read a book to children at the library.		Mail a letter to a soldier, thanking them for their service.	Pray a decade of the Rosary.		Fold the laundry without being asked.		Write a nice chalk message on the driveway or sidewalk.
Visit a nursing home and read to the residents.		Pray for someone you struggle to like.	Do something kind without being asked.	Get into the habit of reciting a night prayer.		Pray for someone in need.		Reuse paper to write on or draw on.	