

SHARING THE JOY OF THE GOSPEL

St. Philip Neri & Joyfulness

This Month we will focus on **St. Philip Neri** and **joyfulness**.

Joyfulness means having a lasting sense of happiness and peace inside. It comes from knowing and trusting that God loves us. It helps us stay peaceful, even when things are tough because we remember that God's love is always with us.



IN DEPTH

The Catholic Church teaches us that joyfulness is **more than feeling happy** when something good happens. It's about having peace and happiness inside our hearts and minds, no matter what is happening around us, because we know God loves us. Joyfulness helps us see the good in situations, even when things are hard or don't go the way we want. It's not just about smiling or laughing, but about trusting that God is with us - all the time. When we are truly joyful, we can spread that happiness to others by being kind, encouraging, and lifting their spirits. **True joyfulness comes from knowing that God's love is the greatest thing of all.**

OTHER RESOURCES

- Saints Alive Podcast: [St. Philip Neri + Activity](#)
- Stores of the Saints: Read-Along Series: St. Philip Neri [[Elementary](#)]
- Saint Stories with Kelsey: Saint Philip Neri [[Middle School](#)]
- Painting of St. Philip Neri [[WikiCommons](#)]
- St. Philip Neri biography for kids + drawing joy activity [[Sadler](#)]

GROWING AS A FAMILY

Prioritize Quality Time Together

- Action: Set aside time for the whole family to be together without distractions like TV or phones. Use this time to connect, share stories, and express gratitude for the day.
- Strategy: Regularly sharing meals together, playing games, going for walks, or cooking together. Shared experiences build bonds & joyful memories.

Foster Open Communication

- Action: Create an atmosphere where everyone feels comfortable and encourage your family to express their thoughts, feelings, and experiences.
- Strategy: This can be fostered by listening without interruption, celebrating good news and growth together, and offering but not forcing support during challenges. Joy is more easily found when we feel heard and cared for.

Practice Gratitude Together

- Action: Establish daily or weekly gratitude practices, such as each family member sharing something they're thankful for or even writing thank you notes.
- Strategy: This can be done around the dinner table or before bedtime. Sharing what we are grateful for increases our own joy and invites others to feel it, too.

Integrate Faith and Family

- Action: Pray together as a family, especially at key moments of the day like morning, meals, and bedtime. Attend mass together and consider some fun liturgical living ideas on special feast days.
- Strategy: Praying together and bringing the faith into our homes helps unite the family in Christ, the source of all joy and goodness.

Practice Forgiveness and Reconciliation

- Action: Show your children how to forgive by practicing forgiveness yourself. Encourage humility and the ability to apologize when wrong.
- Strategy: Reconciliation brings peace and joy to family relationships. This fosters an atmosphere of mutual respect and joy.