



# Life 2.0 at St. Peter's

## Faith at Home

### Activity Guidelines

All LIFE 2.0 activities are designed for families and individuals to move independently through each station. General guidelines are listed below, but you are encouraged to make the activity meaningful to you and your experience. Feel free to interact with others at the table, as fellowship is one of our goals, but we ask adults at the table to help keep the younger participants focused as much as possible.

### Key #2: Rituals & Traditions

Family rituals and traditions speak to what the family values and believes. Some rituals are daily, and some are infrequent. Some are part of the church calendar, and some are in our home lives. All of the events we celebrate are from God! Make a point of celebrating these rituals and developing your own family traditions, whether it's a special birthday dinner or putting up the Christmas tree—God celebrates with us!

Make your own symbol of faith to hang at home, on the fridge, in your room, or elsewhere. Choose pictures, words and symbols that are important to you, and to your family.

Email photos to [formation@stpetersfreehold.org](mailto:formation@stpetersfreehold.org) and check out our website at [www.stpetersfreehold.org/faith-at-church](http://www.stpetersfreehold.org/faith-at-church)

### Questions to Consider:

- What are your favorite family traditions?
- How can you find God in those traditions?
- What are some other rituals your family does? Do you always have special meals for birthdays or other occasions?
- How do we include God in these rituals even when they are outside of church?
- What are some traditions and rituals we have at church?
- Are they different or the same, or both?