

June

Month of The Sacred Heart of Jesus

June 1

St. Justin

Prayer: [Collect](#)

Stories: [PWWPN Saint of the Day video: 2 min](#)

Food: Have [Greek pita](#) in honor of his roots.

Activity: [Coloring Page](#)

Discuss what it means to be a [witness](#) like St. Justin.

June 2

Sts. Marcellinus and Peter

Prayer: [Collect](#)

Stories: [Franciscan Media Saint of the Day](#)

Food: Try [this](#) Roman-style pasta recipe or just add some Romano cheese to your dish in honor of these Roman martyrs.

Activity: Learn more about the [Roman Martyrology](#), where these saints are listed.

June 3

St. Charles Lwanga and Companions

Prayer: [Novena](#)

Stories: [Franciscan Media Saint of the Day](#)

Food: Try one of [these](#) Ugandan recipes (samosas, beans and rice, and more)

Activity: [Coloring Page](#)

June 5

Pentecost Sunday

Prayer: [The first Novena ever!](#) (If you didn't have a chance to pray this novena leading up to Pentecost, you can still say it any time of year.)

[My Catholic Life! Prayer Meditation](#)

Stories: Acts 2

Food: Today is the Church's birthday! So make her a cake and sing happy birthday ☑

Activity: Check out some fun ideas for celebrating Mother Church's birthday [here](#).

Make this [Holy Spirit wind sock](#).

June 6

Blessed Virgin Mary, Mother of the Church

Prayer: [Prayer to Mary, Mother of the Church](#)

or pray the [Joyful Mysteries of the Rosary for Children](#)

Stories: This is a newer feast day, declared by Pope Francis in 2018—read more about it [here](#).

Food: Check out all these recipes that remind us of the blessed Virgin Mary. Some are as simple as blueberries on toast! [Catholic Cuisine-Blessed Virgin Mary Recipes](#)

Activity: List of ideas for celebrating the day [here](#), including to pray for your specific parish and diocese on this day.

Multiple coloring and craft ideas here: [Mary, Mother Of The Church \(Feast Day Ideas For Kids\)](#)

June 9

St. Ephrem

Prayer: [Prayer of Saint Ephrem](#)

Stories: [Saint Ephrem | Franciscan Media](#)

Food: [Cook like an ancient Mesopotamian!](#)

Activity: St. Ephrem wrote many hymns for the early church—sing or listen to your favorite hymn with your family

June 11

St. Barnabas

Prayer: [Prayer from the Roman Missal \(scroll to bottom\)](#)

Stories: [Saint Barnabas | Franciscan Media](#)

Food: St. Barnabas was a Jew living in Cyprus. Enjoy this recipe for [Cypriot Pork Souvlaki With Tzatziki](#)

Activity: St. Barnabas had an open-handed attitude toward wealth & helped support the fledgling Christian community. Think of an organization to which you can donate & share God's blessings to you ☒

June 12

Trinity Sunday

Prayer: [Prayer to the Blessed Trinity](#)

Stories: [\(For Younger Kids\) Catholic Kids Media- Solemnity of the Most Holy Trinity](#)

[\(For Older Kids\) What is the Trinity? - Bishop Barron](#)

Food: [Celebrate Trinity Sunday with "Trinity Sundaes" - Catholic Icing](#)

Activity: Practice the Sign of the Cross ☐

[Sign of the cross Song \(for kids\)](#)

[Trinity Bracelet Craft \(Free Printable!\)](#)

[Trinity Apple Craft](#)

June 13

St. Anthony of Padua

Prayer: [Prayer to Help Me Find](#)

Stories: [Shining Light Dolls St. Anthony of Padua](#)

Food: [Poor Man's Cake](#)

Activity: St. Anthony of Padua is the finder of lost things. Try an outdoor [Scavenger Hunt](#)

June 16

Solemnity of Most Holy Body and Blood of Christ

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

"FOR MY FLESH IS TRUE FOOD,
AND MY BLOOD IS TRUE DRINK."



Prayer: [Litany of the Most Precious Blood of Jesus](#)

Stories: [OSV article](#)

[My Time with Jesus episode- 27 mins](#)

Food: Freshly baked bread and wine

Activity: Try to participate in a Eucharistic procession or go to Adoration.

[Craft and coloring pages](#) linked at the bottom of this page.

Discuss reverence for the Eucharist and share memories or excitement about celebrating First Communion.

[Start the Novena to the Sacred Heart of Jesus](#)

June 21

St. Aloysius Gonzaga

Prayer: [Prayer of St. Aloysius](#)

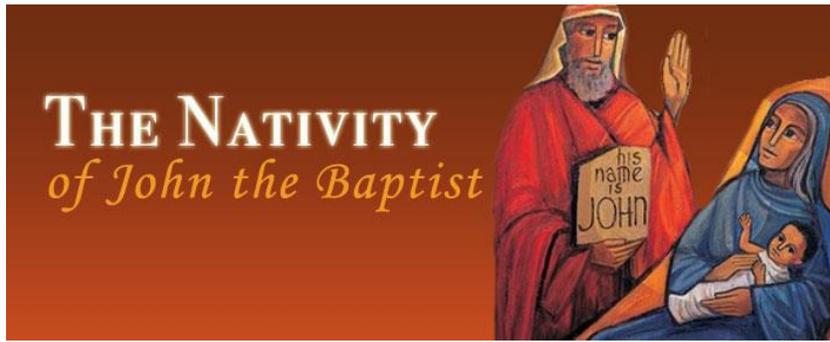
Stories: [St. Aloysius- PWPN](#)

Food: Instead of cooking a special treat for this day, perhaps try a light dinner, maybe a simple [Soup](#) and bread to imitate this fasting saint

Activity: [Six Sunday Devotion of St. Aloysius](#)

June 24

Solemnity of the Nativity of St. John the Baptist



Prayer: [Litany](#)

Stories: Luke 1:5-25

[Franciscan Media Saint of the Day](#)

[My Catholic Life!](#)

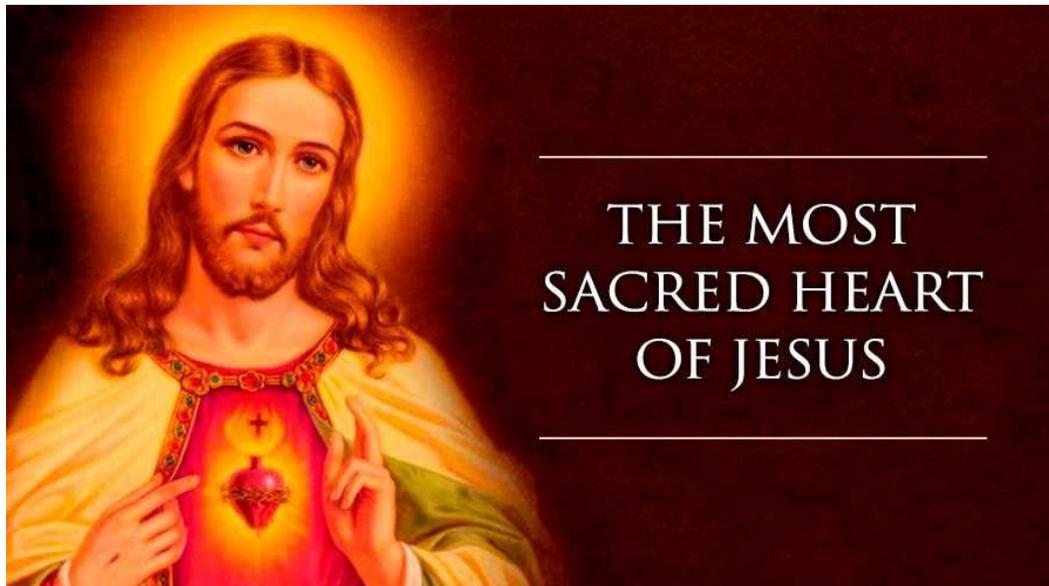
Food: [Try a locust and honey parfait or a liturgical tea](#)

Activity: [Celebrate “summer Christmas” with these 5 traditions for John the Baptist](#)

More ideas like crafts [here](#).

June 24

Solemnity of the Most Sacred Heart of Jesus



Prayer: [Prayers to the Sacred Heart](#)

Stories: [My Catholic Life!](#)

[5 Things to Know](#)

[Video](#) for kids on the Sacred Heart image.

Food: Try one of these [symbolic treats!](#)

Activity: Check out these Catholic Icing [ideas](#).

[Enthroned the Sacred Heart of Jesus in your home or renew your family consecration today!](#)

See page 8 and further of this [document](#) from Messy Family Project for a great layout of the enthronement process.

Or learn more about enthronement [here](#).

June 25



Immaculate Heart of Mary

Prayer: [Novena to the Immaculate Heart](#)

Stories: [History of the Immaculate Heart](#)

Food: [Fruit Tray - Heart snack](#)

Activity: [Heart Rosary](#)

June 27

St. Cyril of Alexandria

Prayer: [Litany of Praise of the Mother of God](#)

Stories: [Franciscan Media Saint of the Day](#)

Food: Try this [Watermelon Feta Salad](#), a summer favorite in Alexandria.

Activity: [Theokotos Coloring Page](#)

June 28

St. Irenaeus

Prayer: [Prayer for Christian Unity](#)

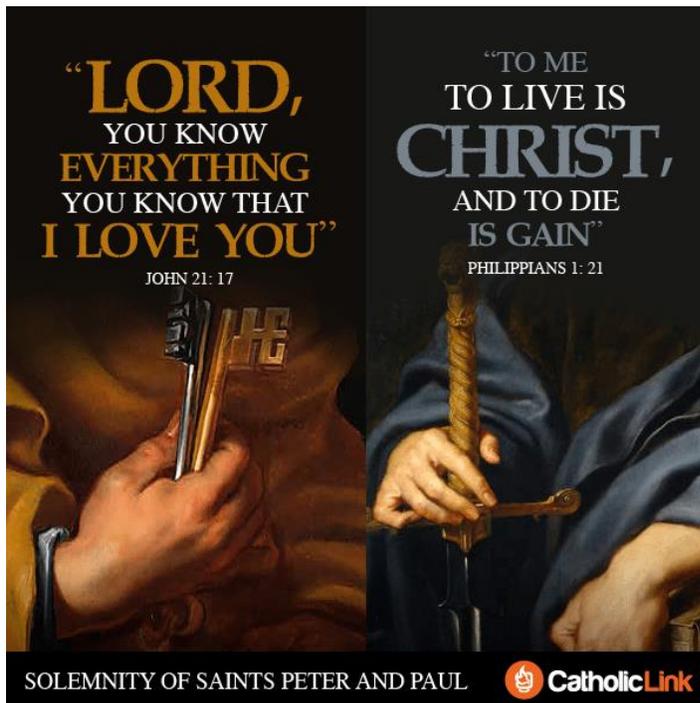
Stories: [Franciscan Media Saint of the Day](#)

Food: Try [Salade Lyonnaise](#) because he was the Bishop of Lyon!

Activity: Pope Francis gave him the title of “Doctor of Unity” in 2022. What can you do today to bring your community and/or family closer together and closer to Christ?

June 29

Solemnity of Saints Peter and Paul



Prayer: [5 Prayers](#)

Stories: [Saints Peter and Paul](#)

Food: [Fried Fish in Honor of the Fishers of Men](#)

Activity: [Easy Fish Arts And Crafts For Kids \(Options For All Ages!\)](#)

June 30

First Martyrs of the Holy Roman Church

Prayer: [The First Holy Martyrs Of Holy Roman Church \(Collect\)](#)

Stories: [First Martyrs of the Church of Rome](#)

Activity: Today's feast is a liturgical expression of the wreath-laying ceremony at the Tomb of the Unknown Soldier or the flowers left at a mass grave marker. Lay flowers in church, attend Mass to remember our remote ancestors in the faith who died so that the true faith would not.