



Purpose 2.0 Notes: Session Eight

“Holiness consists simply in doing God’s will, and being just what God wants us to be.”
— St. Thérèse of the Little Flower

Dear Purpose 2.0 Parents:

Please use these notes to guide you through each week’s ALIVE session.

You can log in at: damascus.net/alive/

Video Format

Each week’s ALIVE session includes a video for your family to watch and engage in together to learn more about our Catholic Faith. These episodes challenge your family to **play, learn, pray, and discuss** together.

Play: Each ALIVE session begins with a short and spontaneous family game and short humorous videos to engage your family in laughter and fun together!

Learn: This core teaching segment communicates a core faith teaching in an engaging way to touch your minds and hearts.

Pray: This segment prompts families to engage in prayer in different ways.

Discuss: Discussion questions allow your family to engage in meaningful dialogue about the core faith teaching.

Resources

ALIVE Resource Guide: Accessible by clicking a button beneath each ALIVE video.

Previous Purpose 2.0 Notes: notes from past ALIVE sessions can be found at:
<https://littleflowertoledo.org/nextgen/middle-school/>

This Week’s Lesson - Session 8

We hope you have received your book distributed during recent Masses called **Purpose: 100 Saints**. If not, please stop by the Parish Office to get your family copy! We encourage you and your family to learn about **one new saint each week**. The readings are short; perhaps you could read about a selected saint during a shared meal? During a car ride? During a moment of unexpected downtime? During quiet time before bed? Begin your journey learning about our holy men and women!

We encourage you to focus on the **LEARN** segment of the **Session 8** video (core teaching). As you open the video, this section **begins** at **17:05 minutes**. As time and interest permits, we invite you to engage in the other sections of the video as you desire. In particular, we encourage you to view the short 7 minute segment beginning at **11:55 minutes** as Damascus Camp Director, Ben, shares his touching witness with you!

After viewing the **LEARN** segment, please **DISCUSS** the following questions:

1. Think of a time when you apologized to someone and really meant it. What was it like?
2. Describe a time when someone sincerely apologized to you.
3. What has your experience of the sacrament of Reconciliation been like?