

Information to participate to be eligible for your chance to win Gift Cards, \$\$ and more!

- The challenge is to spend the 31 days of July getting better acquainted with the Diocese, your parish, your faith, your family and friends and most importantly yourself!!
- Attached is a listing of 31 things that YOU can do to accomplish this and have a chance to win! For each challenge you complete, take selfies of you completing each challenge and tag us on FACEBOOK OR INSTAGRAM #dymosofchallenge
- **Follow dymo_dioceseaj on Instagram or @DYMODioceseAJ on FACEBOOK!**
- **Save this post with information and the daily challenges.**
- **SHARE THIS CHALLENGE INFO WITH YOUR FRIENDS!! Let others on your social media know you are participating! ADULTS – share with your child(ren), frandkids,**
- Some of the challenges REQUIRE completion on a CERTAIN DATE. Those items have a J in front of the letter to represent JULY while most of them are a DAILY task for you to complete as you can but IDEALLY on that date!
- **On August 1st we will check our participants for winners. Prize winners will be contacted personally. The full list of winners will be published on our FACEBOOK & INSTAGRAM Accounts! All entries will be ranked on level of completion. Those in the top spots will be entered into drawings for prizes!!!**
- **Keep an eye on our FACEBOOK AND INSTAGRAM for reminders and more information daily!!**

SENIOR HIGH CHALLENGE

To be eligible, youth must be entering Grades 9-12 and be in any one of our Parishes Religious Ed., Parish Sponsored Homeschooling, or Catholic High Schools.

- 1 Click on this link and register for the Challenge: <https://www.dioceseaj.org/summer-of-faith/>
- 2 We are currently celebrating the Year of St. Joseph! Take your picture with a St. Joseph statue. (**Hint we have three St. Joseph Churches in the Diocese!!**) #dymosofchallenge
- 3 Convince your whole family to attend the same Mass together. Get a family picture! #dymosofchallenge
- J4 Take a picture of you doing something to celebrate our Freedom on the 4th of July! #dymosofchallenge
- 5 Find a quiet place with no distractions (shut off your phone, the tv, the computer) Sit in silence for 30 minutes Listen to the quiet and open your mind, heart and spirit to Jesus talking to you. Afterward, write down your thoughts and feelings from that reflective time and take a selfie holding it. #dymosofchallenge
- J6 Feast Day of Maria Goretti - – Patron Saint of Catholic Youth, Girls, and Teens. Take a picture of you doing a ministry in your parish. #dymosofchallenge
- 7 Find out the **FULL NAME** of your **Parish Pastor**. Write him a THANK YOU note for all that he does for your parish and give it to him. (Take a pic of the card or note!) #dymosofchallenge
- 8 In honor of St. Joseph the worker, PLAN a day of service for someone and then write a short reflection about it and how it made you feel. Take a pic of you doing the service! #dymosofchallenge
- 9 In our diocese we are blessed to have two Cathedrals (**Cathedral of the Blessed Sacrament** in Altoona, and **St. John Gualbert Cathedral** in Johnstown) and a Basilica (**Basilica of St. Michael the Archangel** in Loretto). Take a picture of yourself in front of one of them. (Extra points if you can do two or all three) #dymosofchallenge
- 10 With parent's permission, chose someone who is homebound and could use a visit from you. Visit them & get a picture! #dymosofchallenge
- 11 Take a selfie of yourself in the doorway of your parish with the inside of church behind you! #dymosofchallenge
- 12 God wants us to laugh and have fun! Take a picture of you doing something fun in the summer sun! #dymosofchallenge

13 We are members of God's family and our own family. We all must do our part as members of both families to support each other. Choose a household chore that you never LIKE to do. Do it *with a smile* and thank God you have a home! Write a short note about what you chose and why. Take a pic! **#dymosofchallenge**

J14 Feast of St. Kateri Tekakwitha. Look her up online and write some things you find interesting about her and ways you might be able to emulate her. Take a picture of your paper. **#dymosofchallenge**

15 Clean out your closet drawers and find *nice things* you no longer need or want and donate them to the needy. Take a pic! **#dymosofchallenge**

16 Make a pilgrimage with family or friends to St. Joseph Chapel in Harts Sleeping Place near Carrolltown. Say a prayer in the chapel for someone in need, and take a picture in front of the Chapel. **#dymosofchallenge**

17 The Holy Family was supported by the love and care of St. Joseph. Show your Father or a Father figure your love by telling how much you appreciate their love and care! Take a selfie with them! **#dymosofchallenge**

J18 Celebrate and support the Sacrament of Marriage by attending the July 18th Mass for Married Couples. Get a picture with a married couple at the Mass and/or one with Bishop Mark! **#dymosofchallenge**

19 Pets are an important part of our families and make us happy. Spend a little extra time with your pet today showing your appreciation. If you do not have one, perhaps consider spending time with a younger sibling doing something with them! **#dymosofchallenge**

J20 Feast of St. Apollinaris - Look his story up online. In remembrance of his unending witness of faith, make a small sacrifice today that would follow something Jesus would ask of us (ex. give up a treat for the day, give your sibling the remote and let them choose what to watch. Give up something for another person) Write what you did and for whom you did it and take a selfie **#dymosofchallenge**

21 Tell someone how SPECIAL and IMPORTANT they are to you. Someone who really needs to hear it! Pray for them too! Take a selfie with them for you to always have! **#dymosofchallenge**

22 Go to confession and appreciate the gift of Grace God gives us through the Sacrament of Reconciliation! **Take a selfie afterwards with a smile on your face!** **#dymosofchallenge**

23 Attend a parish function (festival, picnic, etc) (your own parish or another) and get a picture! **#dymosofchallenge**

24 Did you ever hear, “Count Your Blessings?” We sometimes dwell on the bad things in life. Make a list of 15 or more? wonderful blessings in YOUR life, and say a prayer of Thanksgiving to God! Take a pic of the list!

#dymosofchallenge

J25 On this day, one of our seminarians, **Justin Treon** will celebrate the **Rite of Candidacy** to the priesthood. This will take place at the Outdoor Mass in Loretto. Attend the Mass and get a picture with him or the Bishop. Pray for Justin.

#dymosofchallenge

J26 Feast of St. Joachim and Ann, Grandparents of Mary – Reminds us of what an important part our grandparents play in our faith life as they did in the life of our blessed Mother, Mary. Take a picture with your grandparents or another special grandparent(s) you know if yours are not available. **#dymosofchallenge**

27 When you are at Mass. Look at all the “jobs” that others do during Mass. What would you like to do some day when you are old enough? Write the ministry (job) on paper. **Take a picture! #dymosofchallenge**

28 Go for a walk in the woods to appreciate God’s creation. Take a picture of yourself in nature. **#dymosofchallenge**

J29 Today is the memorial of Saints Martha, Mary & Lazarus, who were friends of Jesus. Friends are important. Choose three good friends and plan on spending time with them. Take a selfie with your three friends!

#dymosofchallenge

30 Write a short letter to Bishop Mark telling him something you like about your parish and/or the Diocese of Altoona-Johnstown. Mention you entered this contest for an extra point! Take a picture! **#dymosofchallenge**

31 Make a pilgrimage with family or friends to **St. Joseph Chapel in Harts Sleeping Place** near Carrolltown. Say a prayer in the chapel for someone in need, and take a picture in front of the Chapel. **#dymosofchallenge**

***SUBMIT ALL ENTRIES AS COMPLETED, BUT NO LATER THAN AUGUST 1, 2021
TO BE ELIGIBLE FOR THE PRIZE DRAWING!!***