

The Catholic Foundation of Central Florida



A Guide to Your Catholic Legacy Journal

www.cfocf.org

A Guide to Your Catholic Legacy Journal

We created this Catholic Legacy Journal for you and our prayer and hope is that you will use this journal to tell the story of your life and legacy that you are creating. It is a guide for personal exploration and a way to memorialize your stories. As you reflect on your life and all the blessings that God has bestowed upon you, a Legacy Journal helps you organize and record these precious stories of your life into a keepsake, so that they may be valued and shared by the generations to come. We are reminded to share these stories of our journey of faith, love and God's greatness in Psalms 78:4 "We do not keep them from our children; we recount them to the next generation, the praiseworthy deeds of the LORD and his strength, the wonders that he performed."

Over the last twenty-five years, much research has been done on family storytelling and it shows us that children who know their family's past and their family's stories are much more resilient. In fact, they have higher self-esteem and stronger self-concepts. They have more robust identities, better coping skills, and lower rates of depression and anxiety. And families that leave in the funny bits, the sad bits, even the gory and the smelly bits, those are the stories that are impactful and remembered. Your children and grandchildren will tell these stories for generations and come to know you in a unique and deeper way. It is capturing values and the legacy that you have already started creating.

Proverbs 13:22 tells us "The good leave an inheritance to their children's children." How rich are those who know the legacies of their grandparent's lives. It allows us to understand our heritage, including our Godly heritage, which has shaped us into who we are today.

The photos in this journal are "placeholders" for your own photos that we encourage you to add to the journal. Although we recommend that you write in your own handwriting the answers to the questions, we understand that some may prefer to type, and we have created a PDF fillable version as well. For more information on this, go to our website at www.cfocf.org/legacy

This Catholic Legacy Journal is designed so that you may copy it and include a letter to each grandchild to personalize. Prayerfully consider the legacy that you have already started creating in this life and what legacy you would like to leave in the world. How have you made a difference in during your life and how will you ensure that it continues? The stories that your family will continue to tell for generations is one way. Gifts of charity to your parish, school, or favorite ministry is another. Perhaps a combination of both as you provide opportunity for your children and grandchildren to continue the work that you started while transitioning your values and principles and ensuring that the traditions of your faith and family will continue for many years to come. Imagine if all God's faithful stewards of His blessings, would leave a legacy of 1% of their material wealth to their parish, how we could impact lives and promote the Gospel, and build the kingdom of God.

Once you have it complete, consider reading the section with your blessing or "Hope for You" to your grandchild. There is something powerful about the spoken word when sharing all the hopes and dreams that you have for your grandchild along with all the wisdom including their values and principles that you want to transition to them.

Enjoy creating this journal and may it remind you of all that God has done in your life and all the good that you have done on earth through his grace. May all God's blessings be with you, your children, and your grandchildren today and always.

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An Introduction

This Legacy Journal weaves together the stories that make up the tapestry of our lives. We pray you as you read through this journal, you will learn some things about us that maybe you didn't know before. You will see how we relied on our faith to navigate the stormy seas of life and use the many blessings we received from God to build a strong foundation for our family.

Jeremiah 29:11-13 tells us of God's great promise for us, our children, and our grandchildren: "For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope. Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me; when you seek me with all your heart."

We hope that you will hold onto this journal and share it with your children and grandchildren, so they will also know our family history and that we love them and wanted to build a legacy for them.

Place photo here

Our Personal History

Grandpa...

Nickname: _____

Full Name: _____

Date of Birth: _____ Place of Birth: _____

Parents' Full Names:

Father _____ Birthdate: _____

Mother _____ Birthdate: _____

Sibling's Names and Birthdate:

_____	Birthdate: _____
_____	Birthdate: _____
_____	Birthdate: _____
_____	Birthdate: _____
_____	Birthdate: _____
_____	Birthdate: _____

Grandma...

Nickname: _____

Full Name: _____

Date of Birth: _____ Place of Birth: _____

Parents' Full Names:

Father _____ Birthdate: _____

Mother _____ Birthdate: _____

Sibling's Names and Birthdate:

_____	Birthdate: _____
_____	Birthdate: _____
_____	Birthdate: _____
_____	Birthdate: _____
_____	Birthdate: _____
_____	Birthdate: _____

Other Relatives:

Grandpa's Grandparents

Paternal

Maternal

Grandma's Grandparents

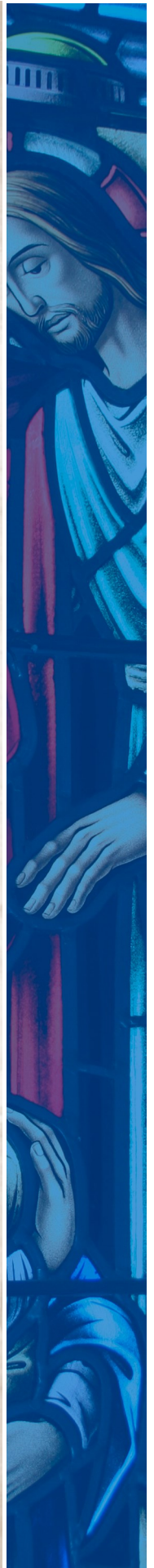
Paternal

Maternal

Various Aunts and Uncles

Some of Our Cousins

Family
WHERE LIFE BEGINS
& LOVE NEVER ENDS



Family Occupations

Grandpa: _____

Grandma: _____

Grandpa's Father: _____

Grandpa's Mother: _____

Grandma's Father: _____

Grandma's Mother: _____



Childhood Memories

Grandpa's childhood....

Grandpa's Family Outings...

Grandma's childhood...

Grandma's Family Outings..

Catholic Sacraments - Baptism



Grandpa: Date: _____
Parish: _____ Location: _____

Grandma: Date: _____
Parish: _____ Location: _____

Catholic Sacraments - First Communion

Grandpa: Date: _____
Parish: _____ Location: _____

Grandma: Date: _____
Parish: _____ Location: _____

Catholic Sacraments - First Reconciliation

Grandpa: Date: _____
Parish: _____ Location: _____

Grandma: Date: _____
Parish: _____ Location: _____

Catholic Sacraments - Confirmation

Grandpa: Date: _____ Confirmation Name: _____
Parish: _____ Location: _____

Grandma: Date: _____ Confirmation Name: _____
Parish: _____ Location: _____

Family Traditions ...



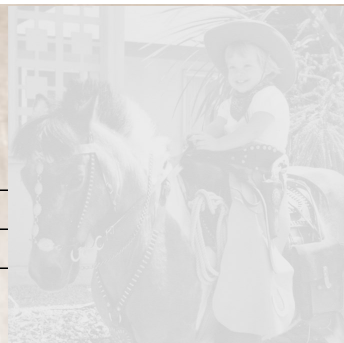
Grandpa - _____

Grandma - _____



Fondest Childhood Memories...

Grandpa:



Grandma:

Hardest Childhood Memories...

Grandpa:

Grandma:



Generous Living & Giving in Childhood...

Grandpa:

Grandma:



Our Teenage Years...

Grandpa:

1. The music I enjoyed:

2. My first job:

3. What I thought about girls:

4. My high school:

5. My church:

6. What I did for entertainment:

7. Where I attended college or trade school:

Grandma:

1. The music I enjoyed:

2. My first job:

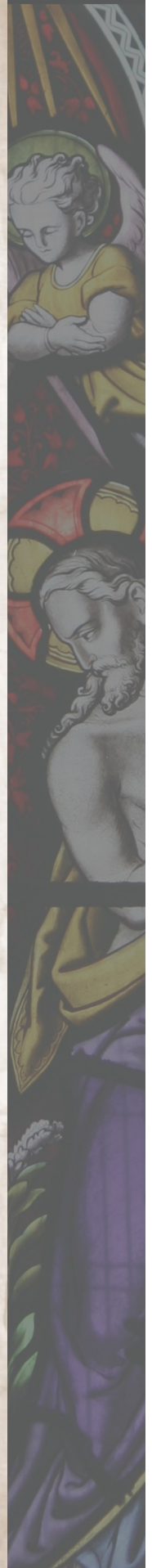
3. What I thought about boys:

4. My high school:

5. My church:

6. What I did for entertainment:

7. Where I attended college of trade school:



Our Favorite Things...

Favorite foods...

Grandpa - _____ Grandma - _____

Favorite time of year...

Grandpa - _____ Grandma - _____

Favorite school subject...

Grandpa - _____ Grandma - _____

Favorite sport...

Grandpa - _____ Grandma - _____

Favorite friend...

Grandpa - _____ Grandma - _____

Favorite teacher...

Grandpa - _____ Grandma - _____

Favorite Sunday School teacher...

Grandpa - _____ Grandma - _____

Favorite Holiday...

Grandpa - _____ Grandma - _____

Favorite vacation...

Grandpa - _____ Grandma - _____

Favorite book...

Grandpa - _____ Grandma - _____

Favorite Scripture...

Grandpa - _____ Grandma - _____

Favorite song...

Grandpa - _____ Grandma - _____



Some Personal Memories

One of the Dumbest Things I Ever Did...

Grandpa:

Grandma:

My Most Embarrassing Moment...

Grandpa:

Grandma:

My Deepest Fear...

Grandpa:

Grandma:

My Proudest Moment...

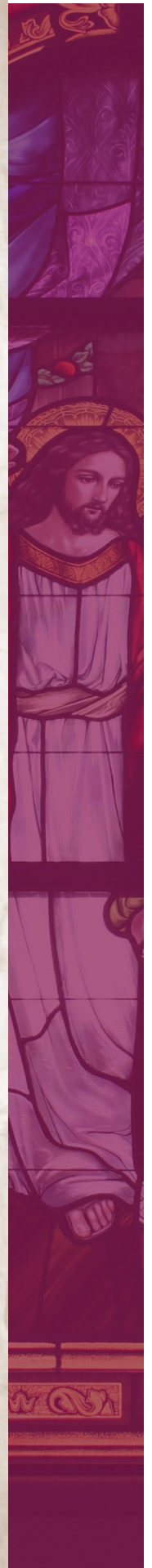
Grandpa:

Grandma:

My Greatest Achievement...

Grandpa:

Grandma:



Love and Marriage

Our First Date...

Our First Kiss...

Proposal of Marriage...

Sacrament of Marriage...

Date: _____

Location: _____

Wedding...

Reception: _____

Maid of Honor: _____

Bridesmaids:

Best Man: _____

Groomsmen:

Ring Bearer: _____

Flower Girl: _____

Honeymoon...

Date: _____

Location: _____



Our Family Together

Our First House...

Address: _____

City State Zip code: _____

Our Children...

Name: _____

Birthdate: _____

Nickname: _____

City Born: _____

Name: _____

Birthdate: _____

Nickname: _____

City Born: _____

Name: _____

Birthdate: _____

Nickname: _____

City Born: _____

Name: _____

Birthdate: _____

Nickname: _____

City Born: _____

Our Church Life...

Generous Giving & Living as a Family...

Favorite Family Vacation...

What we love most about raising our children...

What we struggled with as a young family...





Our Personal Perspective

Thoughts about Learning and Education...

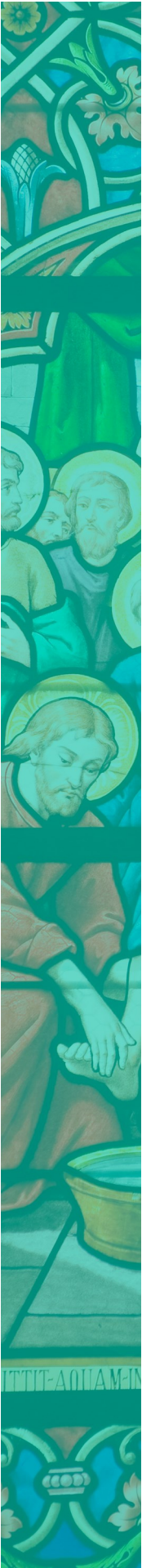
Thoughts about Money, Wealth and Material Possessions...

Thoughts about Personal Character and Integrity...

Thoughts about Friendship...







Thoughts about Dating, Love and Marriage...



Thoughts about Family...



Thoughts about the Meaning and Purpose of Life...

Thoughts about God and Faith...



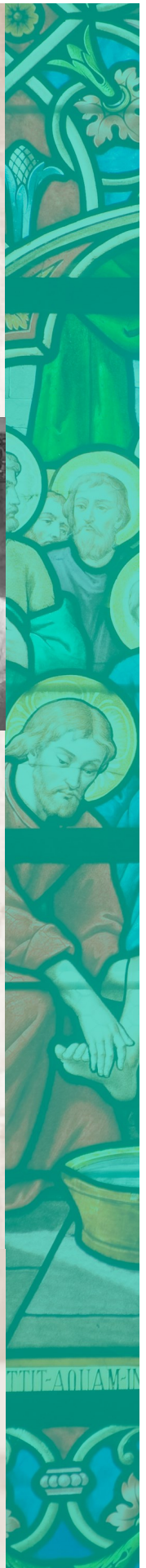
This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Thoughts about Heaven and Hell...



Thoughts about Aging...



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Thoughts about the Future...



Our Hopes for Our Grandchildren...



This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

A Letter to my Grandchild

Dearest _____,

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.



Prayer to St. Katharine Drexel
Patron Saint of Philanthropy



Heavenly Father,
You are the giver of life and everything we have
is a gift from you.
You have shown us your infinite generosity
by giving us Your son, Jesus Christ.
You inspired St. Katharine Drexel to dedicate her life
and selflessly share her treasures with those in need.

May her example help us to be faithful stewards
of your abundant gifts.
Teach us to be cheerful and grateful givers,
so we can bring our world
to its fullness of charity,
we ask this through Jesus Christ our Lord. Amen.



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Inspire Giving. Fund God's Work.