



Dear Knight,

We want to let you know that we are thinking of you this summer even though we can't host Knight's Quest as we usually do. You may be disappointed - so were we!

BUT...we know you are knights - men of courage and ready to take on new challenges.

We challenge you to make the most of this summer and try to pick up new adventures in the place of the old. This kit has some ideas to spark your creativity and get your adventures going.

ALSO, know that we will be back with Knight's Quest 2021 next summer and we are working now to make it as awesome as ever!

Sincerely,

Top Gun & Chief and the Leaders of Knight's Quest



AUGUST 23-28

Can you complete the 2020 **KNIGHT'S QUEST CHALLENGE?**

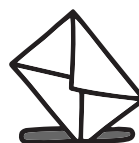
Complete the enclosed **Knight's Quest challenge checklist**. Have a parent sign the checklist and then mail/email it back to us for **your chance to win a sleeping bag!**



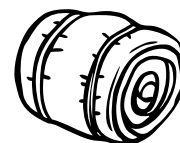
1.



2.



3.



Turn the page to begin your quest.

TOP 5 OUTDOOR GAMES

to play with your friends/siblings

1. Road hockey
2. Basketball
3. Obstacle course
4. Capture the flag
5. Scavenger hunt



A PROPER PUSH-UP

for daily exercises



DAILY EXAMINATION

before going to sleep

1. Become aware of God's presence.
(say a prayer to Holy Spirit)
2. Review the day with gratitude.
(what are you thankful for today?)
3. Pay attention to your emotions.
(how are you feeling about your day?)
4. Choose one feature of the day and pray from it.
(how was God present in your day?)
5. Look toward tomorrow.
(how will you continue to improve?)



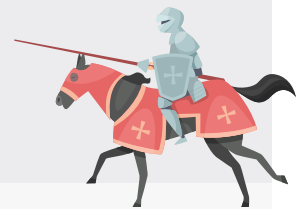
CHIEF'S PULLED PORK

to make with your family

I'll miss you guys this summer. I know it isn't me you'll be missing but my cooking so to hold you over until next year here's how you can recreate Knight's Quest pulled pork at home. *It isn't quite the same as over charcoal in a barrel but it comes close.*

- 1 pork loin, around 8lbs (most of the fat trimmed)
- Season salt
- Pepper
- 2 bottles of BBQ sauce (hickory works well but any kind is ok)
- 1/8 cup apple cider vinegar

Trim pork, season with season salt and pepper. Place in crockpot on high for 6-7 hrs. Remove liquids from the pork and discard. Shred pork using two forks (you can cheat and use the bread hooks on a cheap hand mixer). Add the BBQ sauce. Rinse the first bottle with the apple cider vinegar and pour into the second bottle. Rinse second bottle and add to the pork. Enjoy with fresh buns...the recipe for those I'll send next summer if this covid thing isn't over by then! Enjoy your summer. *Chief.*



WORKS OF MERCY

to be a man of character

7 CORPORAL WORKS

- Visit the imprisoned
- Feed the hungry
- Give drink to the thirsty
- Shelter the homeless
- Clothe the naked
- Visit the sick
- Bury the dead

7 SPIRITUAL WORKS

- Instruct the ignorant
- Counsel the doubtful
- Forgive offenses
- Admonish sinners
- Comfort the afflicted
- Pray for the living and the dead
- Bear wrongs patiently

Note to Parents: Would you be interested in a father & son camping opportunity in the late summer or early fall if restrictions allow? If so, please contact info@famfi.ca or visit famfi.ca/summer-camping-programs. Campers will need to be 9+ and attend with a father or uncle (adult).

Can you complete the 2020 KNIGHT'S QUEST CHALLENGE?

Using the provided guide with your letter - try to complete as many tasks as you can. Only mark a box if you completed a task on that day. Make sure you have a parent sign your completed challenge.

AUGUST 2020	23 rd	24 th	25 th	26 th	27 th	28 th
MAKE YOUR BED						
10 PUSHUPS						
DAILY EXAMINATION						
50 JUMPING JACKS						
OUTDOOR GAME WITH A FRIEND OR SIBLING						
WORK OF MERCY						
PRAY THE ROSARY						
CLEAN YOUR ROOM						

Mail in your completed challenge for a chance to win a sleeping bag!

Parent name and signature:

Scan and send to info@famfi.ca or mail this completed form to:

Family Foundations Institute
203 Reycraft Avenue
Glencoe, ON
N0L 1M0

Winners will be notified via email.