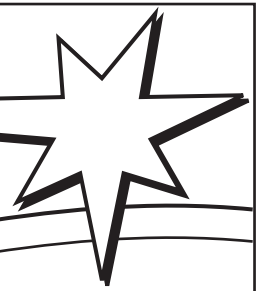


# Partners in FAITH™



Helping our children grow in their Catholic faith.

October 2015

## Our Lady of the Magnificat Parish

Mary Ramsden, Director of Religious Education

### Build your family around the table

Did you know that we can help our children become more successful, better socialized and more secure in just 45 minutes a day, four days a week? Studies show that gathering for four family meals every week can build a stronger family plus higher achievement and self-esteem in children.

**Unplug.** Set a schedule and stick to it. Turn off the TV and all mobile devices. Send the message that family comes first.

**The company matters more than the menu.** Time is often an obstacle to family dinners so consider making a pot of soup or a double casserole over the weekend and freeze some for weekday dinners. Then you are free to

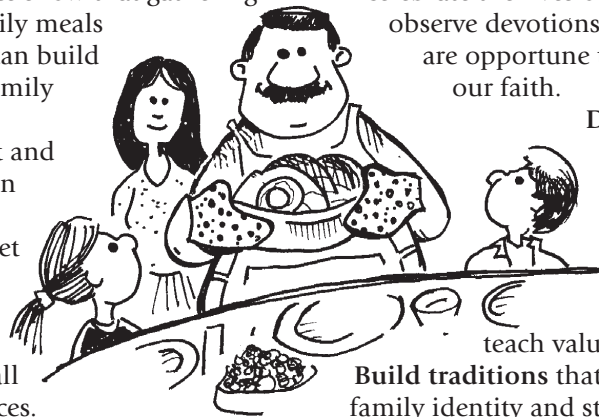
focus on children instead of meal preparation.

**Celebrate the liturgical seasons.** Mark the changes in the year, celebrate the lives of the saints, observe devotions – family meals are opportune times to pass on our faith.

**Discuss, talk, chat.** Studies indicate that family dinner conversation helps to boost vocabulary and teach values.

**Build traditions** that strengthen family identity and stability. Friday pizza night, lighting candles during Advent, an indoor picnic at the first snowfall – the tradition doesn't matter as long as it is consistent.

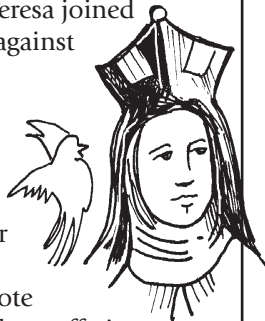
Gathering regularly around a family table reinforces the idea that we don't merely exist for ourselves – we are all members of a greater Body.



### Thoughtful Moments

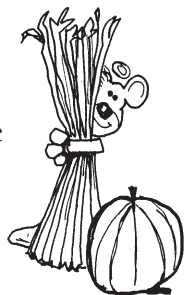
#### St. Teresa of Avila

Born in 1515, Teresa joined the Carmelites—against her family's wishes—in 1534. Soon after this, she became sick for so long, that the sisters dug her grave. Teresa recovered and wrote a book based on her suffering called, *The Interior Castle*. In 1563, she founded a reformed order whose nuns wore rough brown habits and sandals instead of shoes. St. Teresa founded more than 17 convents of Discalced Carmelites and helped reform the Carmelite friars.



#### Raise peacemakers

Followers of Jesus want to spread his peace throughout the world. The most important peacemaking skills we can teach to children are repentance, confession, and forgiveness. When we raise children to take responsibility for their actions, express sorrow for hurting others, and commit themselves to forgiveness, we teach them to become true peacemakers.



#### The Golden Rule

*"So whatever you wish that men would do to you, do so to them" (Luke 6:31).*

### Why Do Catholics Do That?

#### Why do Catholics give the Sign of Peace during Mass?

During the Mass, we offer the Sign of Peace after praying the Our Father, in preparation for Communion. In the Our Father, we ask God to "forgive us our trespasses as we forgive those who trespass against us."

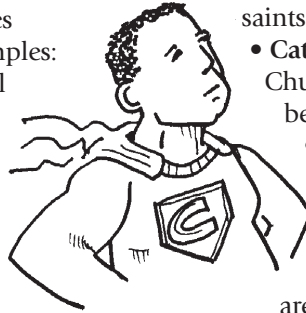


We offer the Sign of Peace in the confidence that if we forgive our neighbors, God will forgive our sins. Since we share the Peace of Christ with each other, the Sign of Peace can also be a sign of spiritual unity.

## What is so special about being Catholic?

It is said that Catholic parents baptize children into a religion and a culture. What makes us unique goes beyond our Sunday worship. Here are some examples:

- **Catholics rely on Scripture and tradition.** All Catholic beliefs are rooted in Scripture. We also rely on the teachings Jesus handed down to the Apostles. This application is known as tradition.
- **We sense God's presence sacramentally.** Symbols help us recognize the presence of God.
- **The Church teaches that Jesus is truly present in the bread and wine** – not just symbolically.



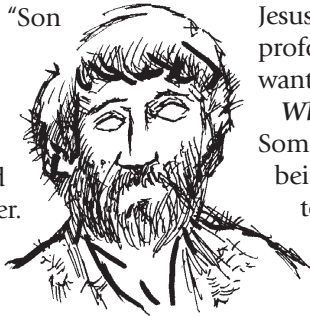
- **Although they have died**, we still connect with the saints. It's a network of friends who lead us to God.
- **Catholics support both celibacy and marriage.** The Church teaches that if one is not married, one must be celibate.
- **Outreach**, charity, and social justice are central to how we live our faith.
- **Catholics belong to a neighborhood community** and a worldwide church led by the pope. This connection reminds us that we are all God's people.

### Scripture LESSON

#### Mark 10:46-52, a blind man shows the way

A blind beggar saw Jesus more clearly than the followers who were his companions. Bartimaeus heard that Jesus was near and cried out, "Son of David," a title reserved for the Messiah. Although people tried to quiet him, Bartimaeus persisted and Jesus finally noticed him and had his disciples call him over.

Bartimaeus responded by casting aside his cloak and rushing to Jesus. To a beggar, his cloak was all he had for warmth and protection. Yet when Jesus called, it was thrown aside. The only person in Mark's gospel to call Jesus, "Master," Bartimaeus stood before Jesus humble



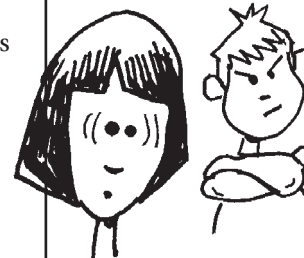
and confident that his prayer would be answered. When his prayer was answered, Bartimaeus became Jesus' disciple. It is this profound trust that Jesus wants us to imitate.

*What can a parent do?*  
Sometimes difficulties of being Christian can blind us to the joys of following Jesus. Help children approach Jesus with excitement and

confidence. When we trust him as Bartimaeus did, we become true disciples who can take on the challenge of leading others down the road to God.

### Parent TALK

Tessa was having trouble getting along with a particular boy in her class. Granted, Nick had trouble with other students, too, but Tessa didn't respond well to him. One day she came home in tears after arguing with Nick,



convinced it wasn't her fault. I consulted my Catholic mom's group. The women said it seemed like Nick didn't know how to

make friends and wanted any kind of attention.

We decided that when Nick said something mean, Tessa was to shrug her shoulders and say, "It was nice to talk to you. See you later," and walk away. Later, she should find an opportunity to say something nice like, "good job in math class," or "cool backpack!" and walk away.

When Nick gets used to positive attention – and Tessa gets used to giving it – the dynamic between them might change. By being patient and kind, Tessa can model Christ-like love.

### Feasts & Celebrations

**October 2-Feast of the Guardian Angels.** All of us have a guardian angel, in charge of protecting us and watching over us day and night. Each angel is unique, and no two are alike. On this feast day, remember to thank the Guardian Angels for the work they have done in helping us.

**October 16- St. Margaret Mary Alacoque (1647).** Margaret joined the Sisters of the Visitation at Paray-le-Monial in 1671. In 1673, she began having visions of Jesus Christ, in which he asked that a feast to his Sacred Heart be established. Although

her request was met with intense opposition, the Church officially recognized the devotion to the Sacred Heart in 1765.

**October. 28 – Saint Simon and Saint Jude (1st century).** St. Simon was a Zealot – Jews who believed that the Messiah would free them from political oppression. St. Jude was a fisherman. After being called by Jesus to be apostles, they eventually ended up in Persia where they evangelized until they were martyred.



### Our Mission

To help parents raise faithful Catholic children  
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