

# Partners in FAITH™

Helping our children grow in their Catholic faith.

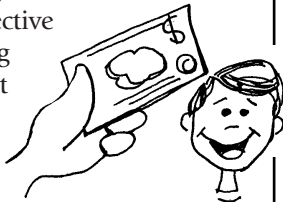
September 2006



## Thoughtful Moments

### Rewards work

Rewarding good behavior can be even more effective than punishing misdeeds. Next time you "catch" your child being good, give him a small amount of money (\$1 to \$5) to spend at the local "dollar store," thrift shop, or yard sale. It's a small treat your child will want to earn again.



### Four pillars

The answers to any questions you may have about what we as Catholics believe, the faith we are asked to live, the Sacraments we celebrate, or the way we pray are as close as your copy of the *Catechism of the Catholic Church*. Faith, Sacraments, Morality and Prayer are referred to as the "four pillars" of the Catechism.

"Let us pray to Mary Queen of Peace, that she may implore from God the fundamental gift of harmony, bringing political leaders back to the way of reason and opening new possibilities of dialogue and understanding ..."  
Pope Benedict XVI



## You may be right even when you're wrong

Few of us feel that we are always on the right track when it comes to raising our children. Yet, some of the things we do wrong can turn out to be very right. Here are some examples:

**Turn on the television.** Experts tell us that American children watch too much television.

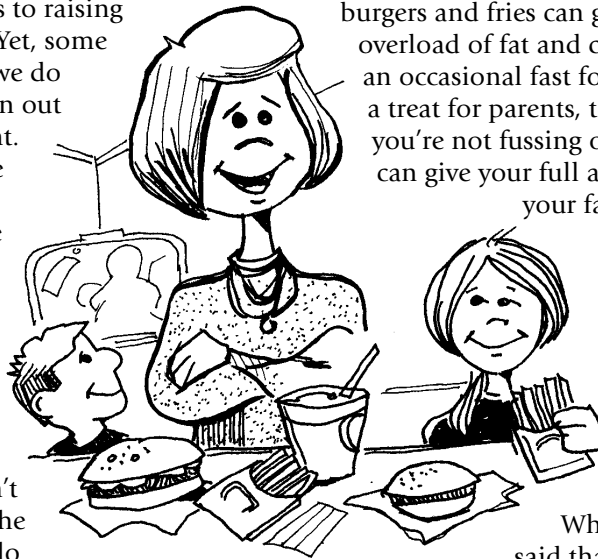
What you don't often hear is the good we can do when we watch it with them. Not only can you immediately reinforce good messages or counter bad ones, good programs may spark an interest that you can nurture in other ways. Also, watching what your children watch may tell you what matters to

them or their friends.

**Serve junk food.** A regular diet of burgers and fries can give children an overload of fat and cholesterol, but an occasional fast food meal can be a treat for parents, too. When you're not fussing over dinner, you can give your full attention to your family. Plus,

there will be no fighting over whose turn it is to clear the table. **Talk about money concerns in front of them.**

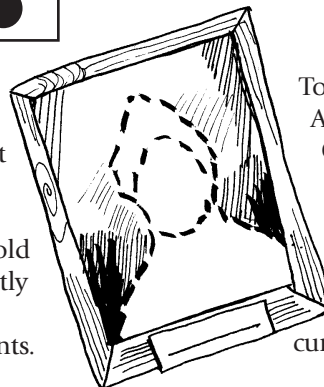
While it has been said that parents should not discuss family money with children, sharing age-appropriate financial information can become a lesson in stewardship. Plus, having realistic ideas of family resources may help children learn that money doesn't grow on trees.



## Why Do Catholics Do That?

### Why did some saints disappear from the liturgical calendar?

Once a saint always a saint. After Vatican II, the calendar of feast days was altered to represent a greater variety of saints. The old calendar featured mostly Europeans, especially French and Italian Saints.



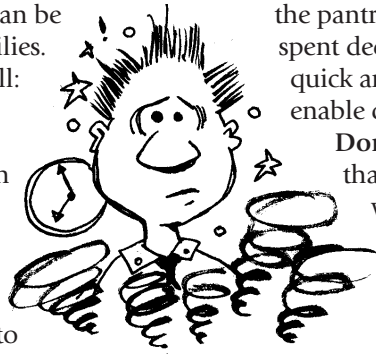
To introduce saints from Asia, Africa and the Americas, the Church "traded" feasts for some saints. But those holy men and women from the old calendar are still saints – they just don't all have a world-wide commemoration on the current calendar.

## 4 Tips for smoother mornings

Getting ready for school in the morning can be frazzling for even the most practiced of families. Try these tips for smoother mornings this fall:

**Stick to a regular bedtime.** Making sure children get a good night's sleep is key to ensuring a peaceful morning. When children go to bed at a reasonable and regular time, waking the next day is easier. Learning improves, too.

**Limit breakfast choices.** Offering two healthy choices instead of unlimited access to



the pantry, for example, will reduce the amount of time spent deciding. Cold cereal, muffins, fresh fruit, etc., are all quick and healthy choices. Offering simple foods may enable children to help themselves.

**Don't allow too much time.** Set wake-up times so that there is just enough time to wash, dress, eat and walk out the door. That may mean laying out clothes and packing backpacks the night before.

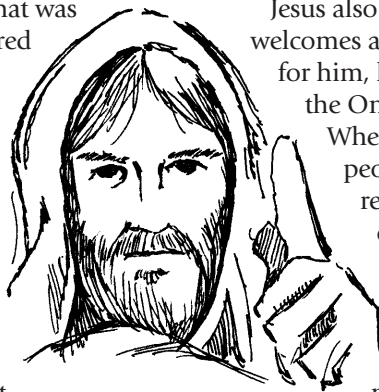
**Be sure to set aside a few minutes for family prayer.** There's no better way to start your day than with God's blessing.

### Scripture LESSON

#### Mark 9:30-37, the first will be last.

Jesus warned his disciples what was to happen to him and he entered Galilee secretly to avoid detection. He also introduced the awful idea that he would be "handed over" implying a betrayal. But the disciples didn't get it. Rather than ask what he meant, they argued over who was the greatest among them.

When he found out, Jesus rebuked them and warned that unless they learned to serve others, they wouldn't earn a position of honor in his kingdom. It is a warning to anyone in power.



Jesus also said that who welcomes a child out of regard for him, honors Jesus and the One who sent him.

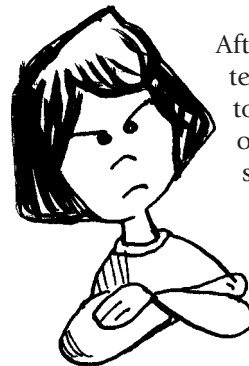
When we care for people who can't repay us, we do it out of love for Jesus.

*What can a parent do?*  
Cheerfully  
model sacrificial

care of children, parents, spouses and others. Teach your children that there is great joy in serving, and the reward comes straight from God.

### Parent TALK

#### Sunday Mass is not negotiable



After Theresa turned ten years old, I had to drag her to Mass on Sundays. She said it was boring and didn't want to go. For lots of reasons, attending Mass is not negotiable in

our house. So how can I help her to love it as I do?

Our pastor suggested we try different Masses. We usually go to the 9:00 am Sunday Mass because the priest is very learned and gives inspiring homilies. But at the 5:30 pm Saturday vigil Mass the children get to do the readings and act as ushers. Theresa thought that looked cool.

Now we take turns choosing the Mass we attend. When it's Theresa's turn, she chooses the children's Mass because she loves ushering and handing out bulletins afterwards. And the grace she gets from participating in Mass instead of fighting it can't be beat.

### Feasts & Celebrations

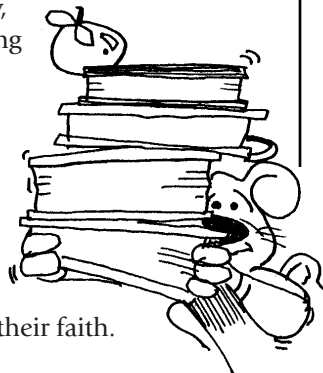
**September 8 -- The Nativity of the Blessed Virgin Mary.** Tradition says Mary was born in Jerusalem after her mother Anna and her father Joachim had been married more than twenty years with no children. Mary's birth brought her parents joy, and we are joyful too – because Mary brings salvation to all of us with the birth of Jesus.

**September 23 – St. Padre Pio (1968).** Born to farmers in southern Italy, eight years after he became a Capuchin Friar, the five wounds of Our Lord's Passion (stigmata) appeared on

his body. Despite intense personal and physical suffering, he remained dedicated to prayer.

**September 26 – Sts. Cosmas and Damian (303).** These saints were Arab brothers who studied medicine in Syria and lived their Christian faith by treating people without charge.

Unfortunately, this was during a time of persecution and such virtue made them targets of persecution. They were martyred for their faith.



#### Our Mission

To help parents raise faithful Catholic children  
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