

Partners in FAITH™



Helping our children grow in their Catholic faith.

September 2022

St. Philomena Parish

www.stphils.com



Thoughtful Moments

Family dinners

Studies show that parents who connect with children during regular family dinners tend to stay engaged throughout the critical teenage years. Adolescents and teens whose families met for regular dinners had better grades and avoided drugs, alcohol and other risky behaviors. Nurture the "domestic church" by gathering for family meals several times a week.



Share devotions

In the hectic pace of school, homework, and extracurricular activities, it can be hard to find time for family prayer. Bedtime can be an ideal time to pray, learn about new saints, read Scripture together, and explore your Catholic identity. Come together as a family to thank God for the blessings of the day.

"Put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, forbearing one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive"
(Colossians 3:12-13).



Teach children the power of "holy speech"

"Those who guard mouth and tongue guard themselves from trouble" (Proverbs 21:23). How we talk can help us build up the Kingdom or get us into serious trouble. Teaching children traits of "holy speech" helps them build up powerful protection against sin:

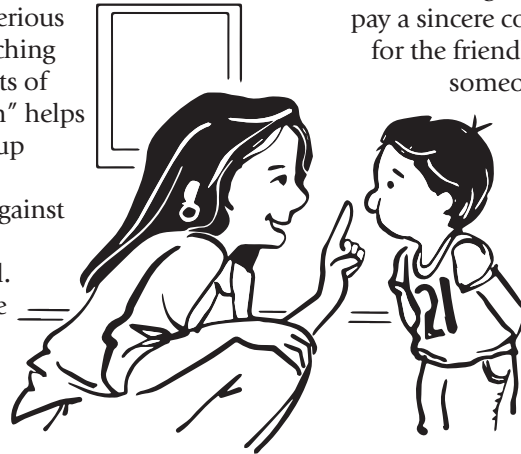
Respectful. Children use respectful speech by listening attentively, saying "Please," "thank you," "I'm sorry," and staying calm even during disagreements. Start by modeling respectful speech at home.

Positive. Children handle problems with peace when they have a healthy trust in God's care. Trust comes from recognizing all that He has done for them. Count blessings daily to help.

Kind. Actions may speak louder than words, but kind words are powerful – and necessary. Encourage children to greet others with a smile, pay a sincere compliment, look out for the friendless, or defend someone who needs help.

Truthful. Followers of Jesus know important truths: God loves us, good always triumphs, all people have dignity. That's why we always tell the truth. Help youngsters commit to honesty in honor of our love for God.

Uplifting. Are discussions about God welcome at the dinner table? Is household humor wholesome and encouraging or is it okay to make fun of others? Teach children that while not all worldly topics are sinful, our conversation should always lift each other up and show our love.



Why Do Catholics Do That ?

Why do Catholics recite the Nicene Creed during Mass?

The Nicene Creed we profess during Mass summarizes what we believe as Catholics, the basic tenets of our faith. It's also an affirmation of Faith. The Nicene Creed is a more detailed version of the Apostles Creed and emphasizes belief in



the Trinity and the Incarnation. Although we profess our Catholic faith as a community, each of us is accountable for our own response to divinely revealed Truth. That's why the Nicene Creed begins, "I believe," not "We believe."

Help children love the Mass

When children know what to do, say, and sing during Mass, they can begin to appreciate the miracle of the Eucharist. As the Eucharist takes hold in their lives, Mass becomes their spiritual lifeline. Begin with the simple gestures:

Sign of the Cross: This common prayer invokes the Holy Trinity and recalls Jesus' sacrifice on the Cross. Catholics make the Sign with the right hand and touch our head and chest, then left shoulder and right shoulder. Encourage children to make the Sign of the Cross reverently throughout the day.



Genuflect. Jesus is present in the tabernacle and is worthy of our worship. We "take a knee" before Him when entering and leaving the pew, and when we cross in front of the tabernacle. The right knee should touch the floor.

Communion. Before the sanctuary, prior to receiving Communion, perform an act of reverence – genuflect or bow reverently. If receiving by hand, look for and consume any crumbs left on your palm and fingers – Jesus is present in the particles.

Scripture LESSON

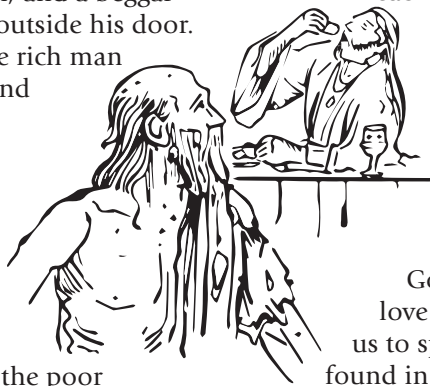
Luke 16:19-31, Learn God's language of love

This is the story of a rich man who enjoys his life on earth, and a beggar who suffers, ignored, outside his door. In the afterlife, it is the rich man who suffers torment and begs for relief.

The rich man was condemned for two reasons. The first was because he had become blind to the suffering of others. He deliberately ignored the misery of the poor man right outside his door. He had the resources to bring a change in the man's situation but did nothing.

The second is because the rich man knew what Scripture said about how

God expects His followers to care for each other, but he ignored it. Living our faith means transforming prayer into deeds of love.



What can a parent do? The key to learning God's language of love and how He wants us to speak it can be found in the Bible. Put your family Bible in a conspicuous spot in your home, one that will remind you to read it together daily. Then talk about putting what you learn into action.

Parent TALK

Once again, Alice and I battled over her outfit. Her favorite actress wears short skirts and crop tops, and I don't think that's how a woman of faith



should dress. Alice likes that this actress has a beautiful mansion, lots of friends, and a fast car, and thinks that's the perfect life. Alice wonders if she

does the same thing, she will also have a great life. I want my children to pick heroes who love God and aspire to please Him, not the world. I started introducing saints who shared Alice's interests – music, animals, acting. We read their stories and watch movies about them. Alice became interested by their lives and how they became God's special friends. I even told her about how my favorite saints have helped me. My hope is that the more she knows about saintly people, the more she will choose to be like them.

Feasts & Celebrations

Sept. 4 – St. Rose of Viterbo (1251). Born to poor parents in Viterbo, Italy, Rose used her gift of preaching to catechize her village. Though very young, she also spoke out in support of the pope against the anti-papal Ghibellines. The Poor Clares refused to accept her but allowed her burial there. She died at age eighteen.

Sept. 8 – Nativity of the Blessed Virgin Mary (1st century). Mary's birth brought her parents joy. We rejoice too – because of Mary's "Yes," she became the mother of Jesus.

Sept. 21 – St. Matthew the Evangelist

(1st Century). Also known as Levi, he was a notorious tax collector (Mark 2:14). St. Matthew left everything when Jesus called him to spread the Gospel. He wrote the Gospel according to Matthew.

Sept. 30 – St. Jerome (c.420). St. Jerome's great love of the Scriptures led Pope Damasus to commission him to translate the Bible from Hebrew and Greek into Latin. Called the "Vulgate," it became the official text of the Catholic Church.



Our Mission

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