

Partners in FAITH™



Helping our children grow in their Catholic faith.

January 2023

St. Philomena Parish

www.stphils.com



Thoughtful Moments

The Church is family

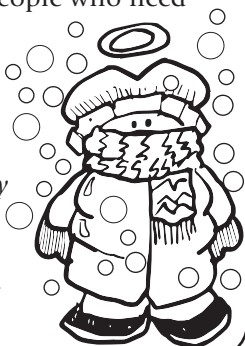
The Catholic Church is more than just a building or an organization. The Church is a family we join at Baptism and to which we belong forever. Wherever our children go in their lives, they can always come home. Keep them close to the Church as they grow. Remind them often that every Catholic church is their home, and the parish is their family.



Kindness

In today's busy world, showing kindness to others can make a big impact. Remember how good it felt the last time someone showed you an unexpected kindness? Look for ways to show kindness, even when it's unexpected. You can make a difference with a simple act, like holding the door for the person behind you, taking a moment to talk to a lovely stranger, or offering up prayers for people who need them.

"Do not neglect hospitality, for through it some have unknowingly entertained angels"
(Hebrews 13:2).



Build a Christ-centered home

A Christ-centered home is one in which, "Christ is the Head of this house, the unseen guest at every meal, the silent listener to every conversation." His presence is always felt. Knowing Jesus and following Him are key to living joyful, fulfilling lives in this world and being happy with Him in the next. As a family, make your top New Year's resolution to center your home on Christ.

Joy – Different than happiness, joy comes from understanding that our welfare lies in Jesus' hands alone. Teach children to give all their concerns to Him. No circumstance can rob us of our joy if we truly believe we belong to Christ.

Grace – Our homes must be safe places filled with love. Family members

need to know that love, not perfection, is the point of the family and that mistakes aren't fatal. Children will encounter hostility, judgment, antagonism, and criticism out in the world.

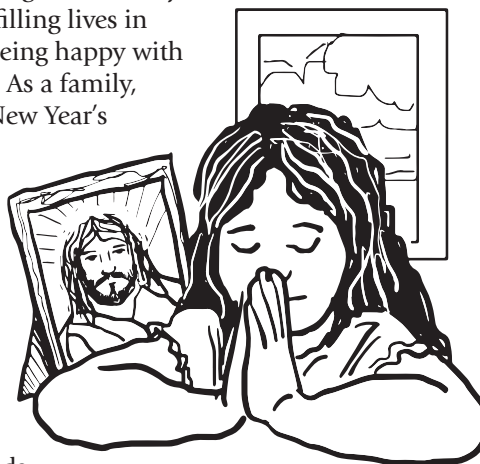
A Christian home should be a place of comfort, rest, and healing.

Service – Jesus will give us everything we need. Sometimes, he uses other people to deliver His gifts.

Christ-centered families place all that they have at His disposal and

pitch in with an attitude of service and selflessness.

Worship – Homes centered on Christ make Scripture, prayer, and God's will top priority. Nothing comes before Mass and Sacraments.



Why Do Catholics Do That?

"Christ" is not Jesus' last name. In fact, it is a title from the Greek *Christos*, meaning, "anointed one." It refers to an ancient Jewish tradition of anointing a new king with oil.

For Jesus, calling him, "Christ," affirms that His

Why do Catholics call Jesus "Christ"?



Lordship includes all of creation and points to His mission as the Savior and the promised Messiah of the Jews. By recognizing Him as "Christ," Christians affirm they're under His kingship and that they owe their final loyalty to Him.

Forming good habits

Forming responsible, independent children into responsible, independent adults involves encouraging good habits early. Try these tips to help your youngsters become thoughtful, independent, and wise:

Thoughtful: When the situation allows, explain in age-appropriate ways why you want your youngster to perform particular tasks, such as, "Eat your vegetables so the nutrients will help you grow healthy and strong." Giving them explanations can help them make thoughtful choices later.

Independent: Let children be part of keeping



the household running well. Set predictable routines and apportion chores to each person in the home. Encourage youngsters to take responsibility for their chores without having to be reminded. Make a checklist and assign the task of checking off daily duties when complete. Reward success with praise.

Wise: Wisdom often comes from experience. Make your home a place where it is safe to learn from mistakes. Encourage youngsters to come to you when they have erred. Explain what went wrong and work to identify steps to make it right. Help them learn from the experience.

Scripture LESSON

Matthew 5:1-12a, The pathway to happiness

When God created us, He put into our hearts the desire to be happy (*Catechism of the Catholic Church*, #1718). In the Sermon on the Mount, Jesus pointed out the path for happiness and gave us a compass we can use to navigate our way. Our path to happiness lies in surrendering to God's will and trusting in Him.

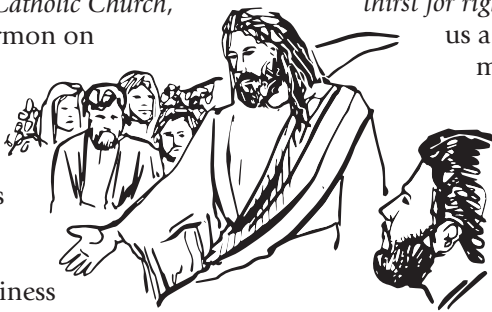
When Jesus said, "*Blessed are the poor in spirit, they who mourn*," He promised that when we turn to God in times of trial, we will be comforted and cared for. When He referred to "*the meek, the*

merciful, the pure of heart, the peacemakers, those who hunger and thirst for righteousness," He gave us a compass. We can measure our

behavior against these standards to see if we are on the right path to happiness.

What can a parent do? Read the Sermon on the

Mount with your children and help them compare their behavior against its standards. Teach them to see that Jesus gave us these guidelines to help us be happy on Earth and eventually get to Heaven.



Feasts & Celebrations

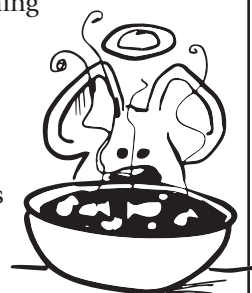
January 4 - St. Elizabeth Ann Seton (1821). An American, St. Elizabeth became Catholic after her husband died. She founded the Sisters of Charity of St. Joseph, a teaching order that established affordable schools.

January 9 - Baptism of the Lord (1st Century). Jesus began his public ministry by getting baptized by St. John the Baptist. Jesus was to be baptized to "*fulfill all righteousness*" (Matthew 3:15). This was also when God reveals Jesus as his "*beloved Son*" (Matthew 3:17).

January 17 - St. Anthony the Abbot

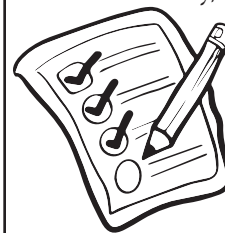
(356). St. Anthony the Abbot was born to a rich family around 250 A.D. in Egypt, yet he gave up his riches to live a life of simplicity in the desert. He is the founder of monasticism.

January 26 - Saints Timothy and Titus (1st century). Timothy was converted by St. Paul and became his trusted friend, joining him in apostolic work, especially at Corinth. Titus served the early Church as a peacemaker and as administrator to a community on Crete.



Parent TALK

My New Year's resolutions were not going well. I hadn't gotten to the gym, regularly attended daily Mass, cleaned the house daily, and still be patient,



loving, and kind! A few weeks after New Year's Day, I realized the rest of my family was struggling, too.

"How about," suggested my husband, "we each pick just one resolution on which to focus." "Something that's challenging, but doable," Kara chimed in.

"One is more doable than five," agreed my daughter, Tessa.

We each declared our resolutions: helping around the house, no TV during the week, no procrastinating, and going to Mass more often. I wrote our names next to our resolutions and taped the list to the refrigerator. Every week, we check in to see how our resolutions are going and offer encouragement when we struggle to keep them.

With God's grace, we are keeping our resolutions, one day at a time.

Our Mission

To help parents raise faithful Catholic children
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