

Partners in FAITH™



Helping our children grow in their Catholic faith.

April 2023

St. Philomena Parish

www.stphils.com

Thoughtful Moments

Prayer habits

Children with good prayer habits become adults who rely on prayer throughout their lives. Refresh your family prayer habits and encourage children to start and end the day in prayer. Together pick a morning and evening offering and say it together. Encourage spontaneous prayer from the heart.

Penance vs. punishment

Penance isn't punishment. In fact, true penance helps us to undergo a change of heart that helps us become better people who positively influence others. Our sin affects others, and our penance and reparation can, too. Help children cultivate penitential habits such as abstaining from meat on Fridays throughout the year, performing extra chores, graciously accepting the menial tasks of life. The purpose of penance is not to diminish life but to enrich it.

A living hope

"Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead" (1 Peter 1:3).



Help children to P.R.A.Y. in Mass

The Mass is the most important gift Catholic parents can share with their children. Help youngsters engage with this timeless treasure of our Faith, by encouraging them to:

P-Prepare. Good preparation leads to a fruitful Mass experience. Lay out Mass outfits the night before. Get up early enough to have breakfast (at least an hour before receiving Communion) and share the Gospel reading. Explain that this time with God deserves special attention.

R-Raise voices in song. We're encouraged to actively participate in Mass by being attentive, praying the responses, and offering our lives, our

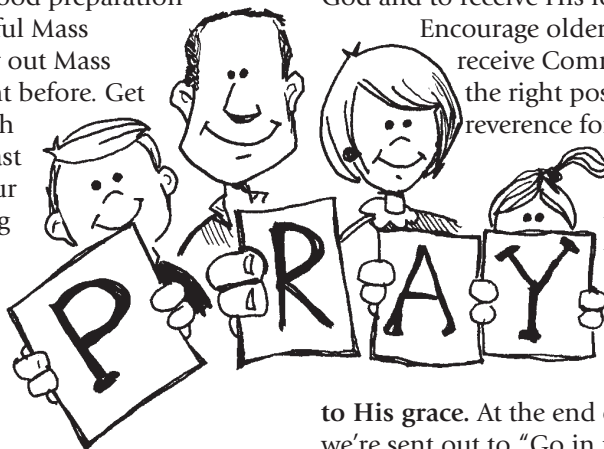
intentions, and our praise to God's service. By respectfully raising their voices in song, children also lift their prayers – and their hearts – to God.

A-Adore God. We are made to love God and to receive His love for us.

Encourage older children to receive Communion with the right posture and reverence for Jesus' Body and Blood.

Little ones can use this time to tell God they love Him and to thank Him for His gifts. Y-Say "Yes!"

to His grace. At the end of the Mass, we're sent out to "Go in peace to love and glorify the Lord by your life." Together, take a moment after Mass to say "yes!" to accepting God's grace. That grace in you will bear good fruit all week long.



Why Do Catholics Do That?

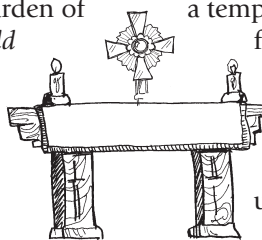
Why do Catholics pray at an "Altar of Repose" on Holy Thursday?

On Holy Thursday night, Jesus and his disciples prayed in the Garden of Gethsemane. He asked, "Could you not watch with me one hour?" (Matthew 26:40). Instead, they slept while Jesus prayed in agony over His Passion.

On Holy Thursday night,

Catholic parishes traditionally display a temporary altar decorated with

flowers and candles where the Eucharist is displayed. People are invited to come before the Eucharist and offer their prayers and love, making up for that "lost hour" in Gethsemane.



Three ways to extend God's mercy at home

Jesus said, "Blessed are the merciful, for they shall obtain mercy" (Matthew 5:7). In other words, the more we share God's mercy with others, the happier we will be. Here are three ways to show mercy to others and bring happiness to you both:

Avoid rash judgment. Assume the best of others, rather than the worst. For example, don't guess at others' motives because we can't know what is in others' hearts or minds. Teach children to do the right thing without worrying about why others aren't.

Extend forgiveness. Forgiveness

means allowing ourselves to move on from hurt we have experienced. Reconciliation – being friends again – may not be possible or ideal, but forgiveness in one's heart always is.

Pray the Chaplet of Divine Mercy. Jesus gave this powerful prayer to St. Faustina, saying, "Through the chaplet you will obtain everything, if what you ask for is compatible with My will" (St. Faustina Diary, #1731).

Consider praying this together on Fridays for anyone in need of mercy, especially for the dying.



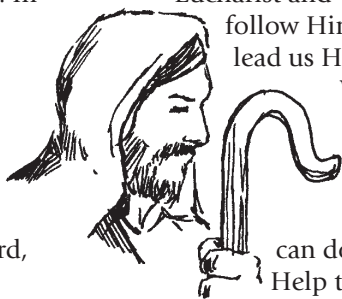
Scripture LESSON

John 10:1-10, The Good Shepherd leads us Home

In this Scripture passage, Jesus uses the image of a shepherd to reveal who He is, how He cares for us, and how He wants us to relate to Him. In Jesus' time, a good shepherd knew each sheep by name. He remained with the flock, even at night. He tended the wounded, searched for the lost, and even risked his life to protect them. This is how Jesus, the Good Shepherd, cares for us.

Following the Good Shepherd means hearing His voice and staying close to Him. We learn to recognize His voice in prayer and in the Scriptures.

He guides us through the Church's teachings. He nourishes and heals us in the Sacraments, especially the Eucharist and Confession. If we follow Him faithfully, He will lead us Home.



What can a parent do? Tell children that knowing and following Jesus is the best thing they can do to be truly happy.

Help them become attuned to Jesus' voice in prayer, the

Scriptures, and in the Sacraments. If we follow Him and Him alone, we will be truly safe.

Feasts & Celebrations

April 1 – St. Hugh of Grenoble (1132). As the bishop of Grenoble, France, St. Hugh labored to reform his diocese of corruption. He helped his friend, St. Bruno, found the Carthusian order.

April 16 – Divine Mercy Sunday (1935). In 1931, Jesus appeared to St. Faustina and asked that the Sunday after Easter become the "Feast of Mercy," promising special graces to anyone who honors Him as King of Mercy and prays the Chaplet of Divine Mercy.

April 25 – St. Mark the Evangelist

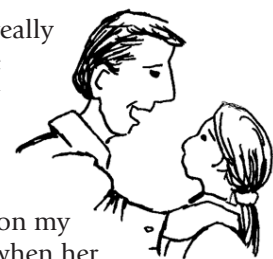
(1st Century). St. Mark wrote the second Gospel based on St. Peter's perspective and accompanied Saints Paul and Barnabas on their missionary journey in Cyprus. He is credited with founding the Church of Alexandria.

April 28 – St. Gianna Beretta Molla (1962). Born into a large Catholic family in Italy, St. Gianna was a physician, wife, and mother. Despite a very difficult pregnancy, St. Gianna willingly risked her life for her child. She died a week after giving birth to a healthy baby girl.



Parent TALK

Have you ever really meditated on the words of the Our Father? There is a point about forgiveness that made an impact on my daughter, Tessa, when her religion class discussed it.



Tessa: "Did you realize that if you don't forgive people, God won't forgive you? He doesn't even want to see you."

Me: "What do you mean?"

Tessa: "It's in the Our Father. 'Forgive us our trespasses as we forgive those who trespass against us.' He won't forgive if we don't."

Me: "Yes, He really wants us to forgive each other."

Tessa: "Like, if you are on your way to church and you had a fight with someone, Jesus said to go say 'sorry' and THEN you can go to church."

Me: "Not exactly. You should go to church anyway but still try to fix the problem with your friend."

Tessa: "Okay, just don't put it off too long."

Our Mission

To help parents raise faithful Catholic children
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