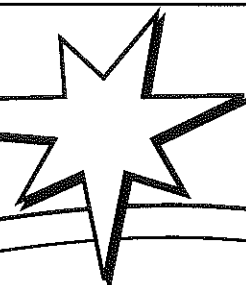


Partners in FAITH™



Helping our children grow in their Catholic faith.

June 2017

St. Nicholas Academy
Aideen Briggs, Principal



Thoughtful Moments

St. Joseph Cafasso

Born in Castelnuovo d'Asti, Italy, St. Joseph Cafasso was ordained in Turin in 1833. There he studied and later taught, despite having a deformed spine. By encouraging devotion to and frequent reception of the Eucharist, St. Joseph combatted the heresy of Jansenism. An excellent preacher, confessor, and retreat master, he became known for his work with condemned prisoners and helped many of them die at peace with God. He is the patron of prison chaplains and prisoners.



Open your eyes

Parents know that children thrive when they feel loved. However, God knows this need for love doesn't stop when we grow up. Even when we are adults, our heavenly Father is always ready to listen to us, help us, and forgive us. Today, when you look at your own children with love, know that you are beloved, too.

*"Praise the LORD,
for he is good; for his
mercy endures
forever"*
(Psalm 136:1).



Savor a saintly summer

The slower pace of Summertime offers opportunities for families to nurture faith in creative ways not practical when time is crunched.

Consider these ideas:

Visit a shrine. Holy places where relics are preserved, an apparition has taken place, or one that encourages a particular belief or devotion offer day trip opportunities for prayer and pilgrimage. Look for directories of shrines in the U.S., including www.catholicshrines.net or from the U.S. Conference of Catholic Bishops (USCCB) <http://ow.ly/OYvJ30bAayl>.

Attend daily Mass. Meeting God in the Eucharist begins a Summer day with grace. Daily Mass is a full Catholic education in Christ, in the Sacraments, and the saints, all at once. Children

often find it easier to focus on the readings during daily Mass, which chronicle the unfolding of God's plan day by day.

Tell stories. Turn Summer story time into Sacred Story Time by reading about saints and heroes from the Bible. Use stories from a children's Bible, books about the lives of the saints, or biographies of virtuous people. Pass the popcorn, make s'mores, or sit around a campfire (or candle) while reading and telling sacred stories.

Play with other Catholic families. Spending time with other Catholic friends can provide

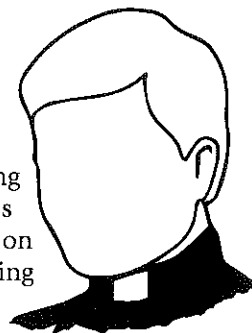
a community of faith-filled companions for parents and children. Attend Mass together, play together, and brainstorm Gospel-centered parenting solutions together.



Why Do Catholics Do That?

Why do priests wear a white collar?

The white collar - or "Roman collar" - dates back to the 15th century when priests placed linen or cotton collars over their outer clothing to be easily distinguished. This evolved into the collar we see on most priests today when wearing their black "clerics."



According to the USCCB, "Outside liturgical functions, a black suit and Roman collar are the usual attire for priests." When wearing a white collar, it means he's "on duty" to give blessings, offer counsel, and administer Sacraments.

Become a more present parent

The moments we have with our children are precious and fleeting, yet parents find it necessary to multitask to meet all our responsibilities. Tasks get done but our relationships with our children suffer. Instead, try these tips to be more present to children.

Turn off electronics. Electronics have become indispensable tools to stay efficient but can distract us from our families. One of the first ways to be a present parent is to turn off laptops, tablets, phones and other distractions during family time. Don't just put it down – put it away.



Set aside specific time. If your family works best with a routine, consider putting Mom and Me/Dad and Me dates on the calendar. Scheduling it makes it more likely to happen. The amount of time we spend together isn't as critical as the quality of that time.

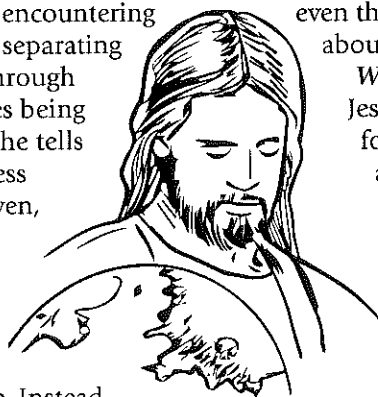
Teach children the art of conversation. It's easier to tune out when someone is talking. Instead, ask open-ended questions that require thoughtful responses. Encourage an exchange so children are engaged and interested.

Scripture LESSON

**Matthew 10:26-33,
Do not be afraid**

In today's Gospel reading, Jesus told his disciples not to fear encountering persecution, but to fear separating themselves from God through sin. Loving God involves being faithful to him in what he tells us to do. This faithfulness will prepare us for Heaven, but it will also bring us into conflict with the world.

Conflict has always been a part of the Church's experience. Instead of being afraid, we can trust God, who watches over all the details of our lives with a loving gaze. Jesus told his disciples that God had even counted all the hairs on their heads. He loves



us so much, he is interested in even the smallest details about us.

What can a parent do? Jesus' advice to his followers 2,000 years ago applies to us today. If we stay focused on God and what he wants from us – and for us – we'll be able to take the conflicts

we encounter in stride. Making time for daily family prayer, Sunday Mass and monthly Confession will help us keep our gaze pointed toward Heaven.

Feasts & Celebrations

June 4 – Pentecost (1st century).

After Easter, the Holy Spirit was given to the Church at the first Pentecost. When the apostles received the Holy Spirit, the "new age" of the Church was born.

June 9 – St. Ephraem (373). St. Ephraem lived, taught, and wrote in fourth century Turkey. He is known for writing beautiful hymns containing orthodox doctrine to counteract the heresies of his day.

June 23 – Solemnity of the Sacred Heart. In 1673, Jesus asked St. Margaret Mary Alacoque, a Visitation

nun, to spread the devotion to his heart. The image of Jesus with his exposed heart surrounded by unquenchable flames is a reminder of his intense and eternal love for us.

June 29 – Saints Peter and Paul (1st century). Peter was chosen by Jesus to lead the Church. The Gospels include some unflattering details about Peter, showing that he was ordinary, made extraordinary by God's grace. An early persecutor of the Church, Saul became the Great Apostle Paul, also transformed by grace.

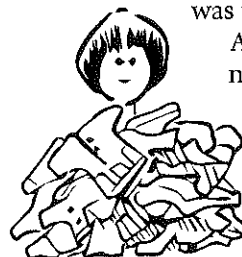


Parent TALK

I didn't learn how to manage money or do laundry until I was in college. Determined that my children would be more self-sufficient, I taught "Laundry 101" when they were young. Kara mastered it right away but Tessa was more resistant.

After months of nagging her to wash her clothes every week, I decided to let Tessa experience the consequences of her choices. I stopped nagging and closed my eyes (and nose). Laundry piled up. It started to smell. Tessa ran out of clothes and recycled from the dirty clothes hamper. One week. Two weeks. Three weeks.

Finally, Tessa couldn't take it any more. She asked for help. Together we sorted the clothes into like-colored piles and she washed them. We reorganized her drawers and closet to make it easier to put clothes away. Tessa feels so good about the result that she (mostly) stays on top of her laundry now.



Our Mission

To help parents raise faithful Catholic children
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