

RAISING FAITH-FILLED KIDS

a parent page

Focus on Faith

The Sign of Blessing

A simple way that we identify ourselves as Christians is by praying the Sign of the Cross. We open and close our personal prayer time with the Sign of the Cross, but we can use it especially as a sign of blessing for our children. This simple gesture speaks of a very deep bond that we have with our children, deeper even than our human relationship with them. In praying the Sign of the Cross over them or on their foreheads, we acknowledge that God is the source of all of the blessings that our children receive through us. We acknowledge the limits of what we can do and open ourselves to the limitless source of God's love for us. Love is the gift we have received in our children and the gift we return in blessing.

Dinnertime Conversation Starter

Share with your child a memory of a time when you realized that God had blessed you.

Spirituality in Action

Notice when your child does something special for someone else. Encourage him or her to continue being a willing helper. Do something as a family to help those less fortunate. This might be making a food basket for a family in need, shopping for a wish-tree gift at Christmas, or helping a sick or elderly neighbor with chores around the house.

Focus on Prayer

The Sign of the Cross and the Glory Be to the Father bring to mind the Trinity. Your child has reviewed these prayers. Help your child practice praying them, using both words and gestures. Be sure that your child is aware of the Sign of the Cross at Mass.



Our Catholic Heritage

Since it started in 1975, Operation Rice Bowl has been contributing to Catholic Relief Services development projects. Thousands of parishes and schools participate in the program. Most of the contributions go to Catholic

Relief Services to help people in 40 countries around the world. About 25 percent of the money donated

stays in the local diocese. This emphasizes the importance of our responsibility to help our neighbors as well as people in need throughout the world. Visit www.catholicrelief.org for more information.

