

# RAISING FAITH-FILLED KIDS

a parent page



## Focus on Faith

### Christ Feeds Us

The religious sister told her brother what her daily life was like. She lived in Latin America and ministered to people who were poor or aged. She was responsible for going out to beg for their supper. She said that each day as she left the home where she worked, she knew that all there would be for the aged and the sisters to eat that evening was what she would bring back. One day it might be a sack of dried beans. Another day it might be some fruit or bread. Every day she prayed to God, "Give us this day our daily bread." She could face each day only because she had attended Mass that morning and received the bread of life in the Eucharist. Jesus Christ fed her so that she could feed his people. Jesus Christ awaits us also so that we may be fed for our journey.

### Our Catholic Heritage

The fish was a significant symbol in early Christianity. Early Christians used the fish as a secret symbol; they would mark or draw its outline as a way to proclaim their faith silently when it was dangerous to do so aloud. The word *fish* was chosen because its letters in Greek, ΙΧΘΥΣ (ICHTHYS), form an acrostic for words that mean "Jesus Christ, Son of God, Savior."

### Dinnertime Conversation Starter

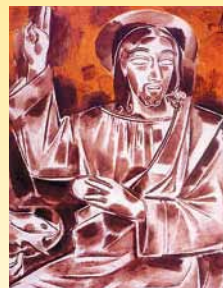
Discuss with your child the need everyone has to be nourished spiritually as well as physically and, consequently, the need for frequent reception of Jesus Christ in the Eucharist.

### Hints for at Home

In addition to going to Mass, what does your family do to keep Sunday holy? Do you try to refrain from doing unnecessary work or unnecessary shopping? Do you have any favorite family activities, such as hiking, biking, or cooking?



Byzantine Mosaic, Church of the Multiplication of the Loaves and Fishes



Doss

### Focus on Prayer

Your child reflected on Jesus' feeding of the five thousand. Read this story, found in Mark 6:34-44, with your child. Talk about the compassion Jesus showed for the people.