

RAISING FAITH-FILLED KIDS

a parent page

Focus on Faith

Remembering God's Presence

Whenever the grandmother went to Mass, she carried her little prayer book stuffed with holy cards. Each of these cards was given to her at the funeral of a family member or friend. While at church, she took out each card, read the name on the card, and prayed for that person. As long as she lived, each person was remembered in prayer. When we celebrate the Eucharist, we do what Jesus calls us to do when he said, "Do this in memory of me." In the Eucharist the mercy of God in saving us is most fully celebrated.



Spirituality in Action

Become involved with a ministry that helps to feed the hungry. Your family can contribute to a food pantry or participate in Operation Rice Bowl. Perhaps there are people in your neighborhood who can afford food but need your assistance to go shopping.

Explore these Web sites with your children: www.catholicrelief.org and www.oxfamamerica.org.



Dinnertime Conversation Starter

As you say grace before your meal, add a prayer for deceased family members and friends. After dinner, write the names of those remembered and bring the list to a Sunday Eucharist as a reminder to pray for them at Mass as well.



Hints for at Home

Set aside an evening for your family to get together and then bake a loaf of bread. Place the bread on the dinner table. Before beginning the meal, each person in your family should hand a piece of bread to the person next to him or her and say the following prayer: "Let this bread remind us of Jesus Christ, the Bread of Life."

The Lord is my shepherd. I shall not want. He maketh me to lie down in green pastures. He leadeth me beside the still waters. He restoreth my soul; he leadeth me in the paths of righteousness for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me; thy rod and thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies; thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.



Psalm 23

Focus on Prayer

Pray through Psalm 23 with your child and talk about what the different phrases mean.