

## Thoughtful Moments

### "No" is a loving response

Parents know that to build responsible adults, we have to wean children from an expectation of instant gratification. Youngsters must learn to separate wants from needs. They don't always want what is good for them. When we say "no," we empower them to practice virtues of self-control, prudence, and moderation.

### Always pray

Remind children that even when they feel alone, God is there. Explain that He never will leave them and always hears when they talk to Him. Teaching your children to pray whenever they are frustrated, angry, and nervous, or even when they are happy, helps them remember that they have a direct line to Jesus. He promised to be with us always, even to the end of time.

"The secret of happiness is to live moment by moment and to thank God for all that He, in His goodness, sends to us day after day."

St. Gianna Molla



## Raise children who care

Studies show that children have the capacity to be empathetic and compassionate from a young age, but to become caring, ethical people, they need adult guidance to develop the necessary virtues. Teaching children to care about others is a powerful step toward helping them to live Jesus' commandment to "love one another."

**Show that it matters.** A popular reaction to others' misfortune is to laugh or find it funny. Don't indulge. Instead, point out the reaction of the person involved. For example, "That girl who got splashed when the car hit the puddle is not laughing. Look at her face. She looks sad and uncomfortable."



**Demonstrate that you care.** Let children catch you in the act of kindness by putting yourself out to help an elderly neighbor with yardwork, giving a sympathetic ear to a troubled friend, or avoiding uttering an unkind word.

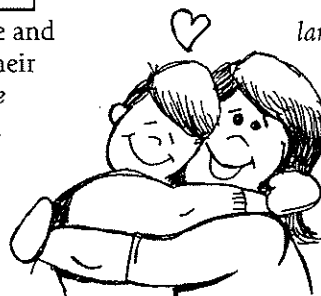
**Don't respond to rudeness.** Explain that there are many reasons why someone could be rude, "Wow, that cashier must have had a really bad day to talk in such a mean voice to us at the supermarket. What do you think?" This teaches your child that when someone is nasty to you, you don't have to be mean in response.

**Acknowledge kindness.** Show that you notice when your child does something kind. Acknowledge and praise the effort.

## Why Do Catholics Do That ?

### Why do Catholics teach children filial piety?

Filial piety is reverence and respect children show their parents (*Catechism of the Catholic Church*, #2215). This helps children respond to the Fourth Commandment, "Honor your father and your mother, that you may have a long life in the



land the LORD your God is giving you" (Exodus 20:12).

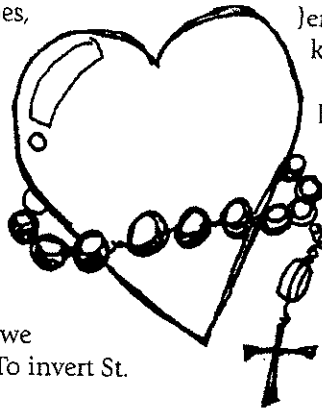
Catholics also expect children to respect their brothers and sisters as a contribution to harmony and holiness in family life.

In turn, parents build in children the foundation for a life of faith.

## October is the month of the Rosary

The Rosary is a powerful prayer to which popes, saints, and Catholics have turned over the centuries for miraculous help in seemingly impossible situations. When we inspire a love for this time-honored devotion in our children, we gift them with the skill to avoid sin and strengthen their faith throughout their lives.

A connection to the Gospels. The mysteries of the Rosary describe the events of Jesus' life, death and Resurrection. By praying the Rosary, we remember these events described in Scripture. To invert St.



Jerome's famous quote, knowledge of Scripture is knowledge of Christ.

The prayer of virtue. We are all called to be holy and virtuous, but what does that look like? Praying the Rosary and meditating on the lives of Jesus and Mary gives us models of virtuous lives, from Mary's obedience during the Annunciation and her fortitude during the crucifixion, to Jesus' entire life of virtue – justice, temperance, and courage, in particular. Regular Rosary meditation opens us to the graces needed to acquire those very virtues.

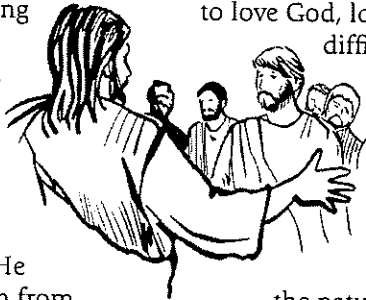
### Scripture LESSON

#### Mark 12:28-34 – What is most important?

Jesus threatened the comfortable life of hypocrisy the scribes and pharisees enjoyed at the expense of the Jewish people. The worked to discredit Him by tempting Him to say something that violated Jewish law. The strategy never worked for them. In fact, Jesus' wisdom impressed one of the scribes so much that he asked to hear more. He sincerely wanted to learn from Jesus' answer.

The scribe asked which of the commandments was most important. Jesus said everything starts and ends

with love – love of God and love of each other. To love God is to love one another. They are as inseparable as the beams of the cross. While it is easy to love God, loving others is more difficult.



What can a parent do? True love of neighbor is measured by how we treat those who are neither family nor friends. It means including people when

the natural inclination is to exclude them. Remind children that Jesus loved thieves, lepers, even His political enemies. This is how God loves and He wants us to do the same.

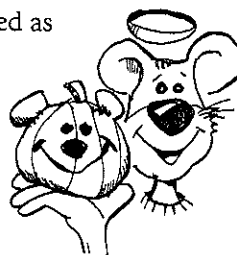
### Feasts & Celebrations

October 14 – Saint Callistus I (222). Born a slave in a Roman household, St. Callistus was ordained a deacon by Pope Zephyrinus, whom he later succeeded. Callistus fought against heresy and showed compassion toward sinners. He was martyred in Rome.

October 20 – Saint Paul of the Cross (1775). Born in Italy to a poor but noble family, St. Paul was inspired by a vision to start a religious order dedicated to the Passion of Christ. He founded the Passionists in 1720 and was elected superior general of the order. He became a priest, lived a

penitential life, and cared for the poor and sick.

October 24 – Saint Anthony Mary Claret (1870). St. Anthony became a traveling preacher in the Catalonia region of Spain before becoming the archbishop of Cuba. In 1849, he founded the Claretian orders and the Religious Publishing House that published more than 200 works. He served as confessor to Queen Isabella II and defended the doctrine of infallibility in the First Vatican Council.

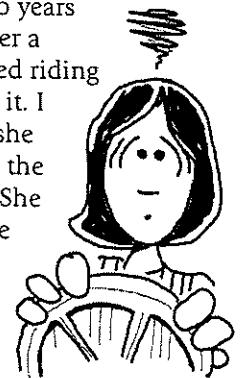


### Parent TALK

When Kara was two years old, my sister gave her a toddler car. Kara loved riding around the house in it. I watched one day as she rammed the car into the wall and stopped it. She got out, slammed the door and yelled, “\$#&\*!”

I admit, I used profanity and showed more temper than I should. Seeing my beautiful toddler mimic my behavior was shocking. It was a clear signal that my tiny daughter was watching what I did with an eye toward imitation. I felt humbled and ashamed.

Since that time, I have worked to authentically live my Catholic faith each day, not just on Sundays during Mass. I realized that if I wanted my children to be faithful Catholics, I had to be one myself. Now we are all aware Jesus is present in our family and we want Him to be pleased by how we live.



#### Our Mission

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