

Catholic Parenting Newsletter

Volume 12, Issue 2
March/April 2018

Pope Francis Says:
*You need 3 phrases
in a Family...*

*May I?
Thank you.
I'm sorry.*

*"Our children are
watching us live, and
what we ARE shouts
louder than anything
we can say."*

Wilfred A. Peterson

*"Never worry about
numbers. Help one
person at a time, and
always start with the
person nearest you."*

Saint Teresa of Calcutta

*"So much of what is
great has sprung from
the closeness of fami-
ly ties."* James M. Barrie

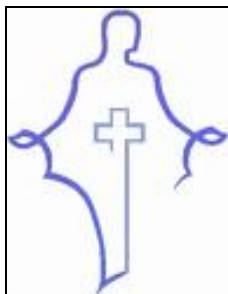
*"I desire to be less
concerned about
"having time" and
more concerned
about how I live with
the time I have in the
present moment.. It is
all the time I have."*

Joyce Rupp



Saturday, March 17

Easter—The Greatest Catholic Feast



Easter is the greatest feast in the Christian calendar. On Easter Sunday, Christians celebrate the resurrection of Jesus Christ from the dead. Easter is a day of celebration

because it represents the fulfillment of our faith as Catholics. Through his death, Christ saved mankind from bondage to sin, and he destroyed the hold that death has on all of us; but it is his resurrection that gives us the promise of new life, both in this world and in the next. At Easter we celebrate the new life and recall that:

By our baptism, then, we were buried with him and shared his death by the glorious power of the Father, so also we might live a new life. Romans 6:4

At Easter we can remember and celebrate our own baptism, the time we chose new life. There are signs of new life that we have experienced throughout the different growing moments of daily life. Share some of these experiences as a family. The first people to arrive at the tomb after Jesus was buried were very surprised to find it empty! When they realized what had happened, they were overjoyed. Share some resurrection stories in your family. Was there a time when you were sad and discouraged and then things suddenly changed? What changed? Or was there a time you were surprised by something wonderful? What was the feeling like? Ask older family members to share with everyone their favorite memories and traditions. This Easter, may we embrace the beauty that comes into our lives through our family and friends.

Recommended Reading: *"Beyond the Birds and the Bees"* by Greg and Lisa Popcak

"The Talk." It's one of the most daunting prospects parents face. Communicating the richness of Catholic teaching on sexuality in a faithful and effective way can be an overwhelming responsibility. But does it have to be so? In this thoroughly revised version of *"Beyond the Birds and the Bees,"* Greg and Lisa Popcak empower you with the tools needed to move well beyond "the Talk" by offering a comprehensive guide to raising sexually whole and holy children. Using the riches of Blessed John Paul II's Theology of the Body, the Popcaks help you safely navigate your children from infancy through the teenage years and beyond. The book answers the questions parents may have, including:

- What lessons must my children learn at each stage to develop a healthy Christian sexuality?
- How can I have age-appropriate conversations about sensitive issues with my children?
- How can I teach my children what it takes to be a true Catholic man or woman?
- How can I help my children have healthy, Christian dating relationships?
- ...and much more.

14 Family Lessons from the Stations of the Cross



As Catholics, we do not approach the Stations of the Cross lightly. Each Lent, as we contemplate these 14 moments of Christ's Passion and death, we reflect on the unquenchable love that sustained Jesus through that dark day. We parents may find ourselves wondering, too, how the pain and mystery of the Stations speak to our children. Below are some lessons your family may draw from this enduring Catholic devotion.

1. **Jesus is condemned to death.** *Befriend the outcast.* Teach your children how to walk away from group ridicule when it's directed at them.
2. **Jesus takes up his cross.** *Don't hide your problems or your pain.* Be honest with your children about your own struggles; encourage them to do the same.
3. **Jesus falls the first time.** *Good people fall, too.* Set a good example by being alert to the gossip you pass on. Prepare your children for the fact that even though they might do their best, sometimes they will fail.
4. **Jesus meets his mother.** *Compassion begins at home.* As Saint Teresa of Calcutta said, "if you have only one smile to give some days, make sure to save it for your family."
5. **Simon of Cyrene carries the cross of Jesus.** *We learn much from trading places.* Pick up a stack of teen magazines or visit the social networking sites that your children use to see what they are facing today.
6. **Veronica wipes the face of Jesus.** *Small kindnesses mean a lot.* Teach your children the value of "random acts of kindness," noting the ripple effect they create.
7. **Jesus falls the second time.** *When others stumble, offer to help.* Involve your family in service projects, such as collecting food and clothing or volunteering at a local soup kitchen.
8. **Jesus comforts the women of Jerusalem.** *Comfort those who mourn.* Help kids reach out to their friends who experience a loss.
9. **Jesus falls the third time.** *When life is hardest, we need to rely on God more.* Don't duck your children's most difficult "Why?" questions. Many times you'll just have to say, "I don't know, honey."
10. **Jesus is stripped of his garments.** *Humans are clothed in dignity, most of all.* Small children need to know that their bodies are sacred, a special gift from God, and that nobody has the right to touch, hurt, or ridicule them.
11. **Jesus is nailed to the cross.** *Forgive those who hurt you.* Forgiveness always helps and heals the forgiver whether the offender admits guilt or not. Attend a parish Reconciliation service as a family so your children see that sin, forgiveness, and reconciliation affect us all.
12. **Jesus dies on the cross.** *We exist for something larger than ourselves.* As news stories filter into your house via newspapers and TV, ask, "What if you were that person's brother or sister or neighbor?" Jesus says we are their brother or sister or neighbor.
13. **Jesus is taken down from the cross.** *Follow up and follow through.* As a family, make a conscious choice to take on a difficult task for others and follow through.
14. **Jesus is laid in the tomb.** *Keep hope alive.* Challenge yourself and your family on your tendencies toward negative thinking. When awaiting something important, lean on each other for support. Keep prayer vigils. Use the rich symbolism of waiting and darkness: Light a family "hope candle" as a vivid reminder to keep your prayers flowing and your hope alive.

Adapted from "At Home With Our Faith"



Palm Sunday Celebrations — Palm Sunday, the Sunday before Easter, commemorates Jesus' triumphal entry into Jerusalem to celebrate Passover before his death. Palms are blessed before Mass, so place them in a place of honor in your home. Create a bouquet of palms to use as a centerpiece during Holy Week. Talk with your children about Palm Sunday. Jesus is honored in a special way as he enters the city of Jerusalem because people are beginning to see that he is the Son of God. Ask your children what are some ways to honor Jesus at church and in our daily lives? Adapted from "Take Out"

Raising Children of Character



Parenting is arguably the hardest job there is and the one for which we receive very little training. Following are some principles of parenting that can guide us in the demanding work of raising children of character.

Love Your Children—When kids feel loved, they become attached to us. That attachment makes them receptive to our guidance. Giving them one-on-one time is very important. We need emotionally intimate time to keep any relationship strong and growing. To protect one-on-one time with our children, we should plan it. Schedule the time, otherwise, it might not happen.

Teach by Example—Teaching by example goes beyond treating our children with love and respect. It has to do with how we treat each other, and how we treat and talk about others outside the family — relatives, friends, neighbors, and teachers.

Manage the Moral Environment—How should we regulate kids' use of media—TV, movies, music, video games, and the Internet? The basic rule should be: The use of media in the home is a privilege not a right. Exercise of that privilege requires parental permission *and* presence. We should also thoughtfully explain our moral objections to something - rather than simply forbidding it.

Use Direct Teaching to Form Habits and Conscience—Sometimes we need to “preach what we practice.” Direct moral teaching helps to develop a child’s habit and conscience. “Please pick up your toys.” “Say please and thank you.” “Don’t interrupt.” “Look at a person who’s speaking to you.” These teachings communicate to children, “This is how we should behave.”

Foster Spiritual Development—Reports show that young people who frequently attend Mass and say that their faith is important to them exhibit higher levels of altruism and lower levels of drug and alcohol use and sexual activity. We must help our children to develop a spiritual vision that will lead to authentic happiness.

Kids will make mistakes growing up, just as we did. Our job as parents is to make the most of the many opportunities we have to help our children become persons of character. *Adapted from catholiceducation.org*

Friendships Are A Blessing (Mary and Elizabeth)

When big things happen to us, whether they are good or bad, we have a need to share with another person. God made us this way; we are social beings. When Gabriel visited Mary (the Annunciation, celebrated on April 9 this year) and asked her to be the Mother of Jesus, God gave Mary a friend, someone who would understand, someone who had experienced a similar “big” event—Elizabeth.

Was it coincidence that Mary and Elizabeth were cousins? Perhaps not. Perhaps our loving God gave Mary and Elizabeth one another. Each woman knew God’s favor in a special way, so each could relate with and support the other. Our God knows just how important friendship is.

Pay attention to the friendships your child has. Help him or her develop them and learn what being a friend means. Your child will also learn about friendships from the relationships you have with other adults. Be sure to let them see you give to, receive from, converse with, and pray for your friends.



Archdiocese of Kansas City in Kansas
Marriage & Family Life Office

Catholic Parent Newsletter
12615 Parallel Parkway
Kansas City, Kansas 66109

Phone: 913-721-1570 ext. 149
Fax: 913-721-1577
Email: famlife@archkck.org

**Catholic Parent
Newsletter**

Place your parish logo,
and/or contact person
information here!

TABLE PRAYER FOR THE SEASON OF EASTER

Christ is risen, Alleluia!

How generous is your love, O Lord,
shown by the food on our table
and our salvation in Christ.

How generous is your love, O Lord,
given in the breaking of the Eucharistic bread
and in sharing the Cup of salvation.

How generous is your love, O Lord.
May others come to know it as well
through our charity and witness to justice.

Christ is risen, Alleluia!

You have made this day for blessing, O Lord;
let us be blessed and joyful,
now and at the supper of the Lamb. Amen.