

# Faith & Family - Building the Domestic Church

July

## CREATING SPACE FOR JESUS IN YOUR HOME

Having a designated place for prayer in your home can allow you and your children to transition from the hustle and bustle of your normal day into the quiet, peacefulness needed to talk to God. To create this space...

- Choose a quiet area in your house
- Place a crucifix or image of Jesus in the center
- Continue decorating with holy images and statues you may already own
- Fill a basket with Bible's, children's books on saints or Bible stories, and prayer cards
- Place rosaries in bowl, ideally one for every family member to be prayed together

Once this space is created, explain to your children what it is for and use it for family prayer times and invite them to use it throughout the day as they wish.

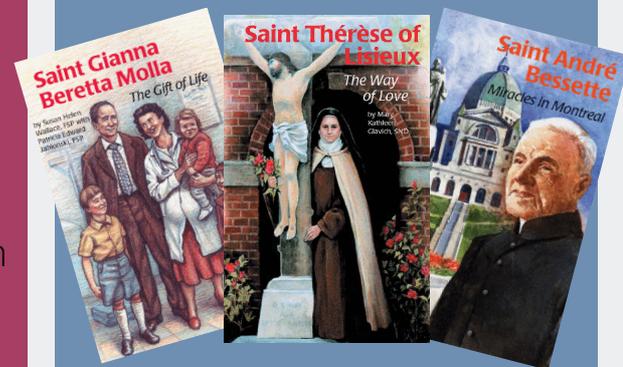
Having a prayer corner, physically making space in your home for the Lord can help remind us to make time in our busy days for Him and in turn can help us make space for Him in our hearts.

## BOOK OF THE MONTH

### Encounter the Saints - Book Series

"The Encounter the Saints series offers intermediate readers relatable portrayals of the saints. Each story, in a handy format, vividly recreates the saint's place of origin, family life, and corresponding historical events."

- Pauline Books & Media



[Available online at Pauline Books & Media.](#)

# NATIONAL NATURAL FAMILY PLANNING (NFP) AWARENESS WEEK

JULY 24 - 30

## What are the benefits of NFP?

In NFP both husband and wife are taught to understand and live God's design for married love—this will give them countless blessings! NFP methods promote a holistic approach to family planning which both respects procreation and has the potential to deepen the intimacy of husband and wife.



NFP methods support reproductive health. They are good for the body. The natural methods have none of the harmful side effects caused by contraception, especially chemical contraceptives (e.g., pill, injection, etc.). For the woman, NFP charting can even assist in the diagnosis of underlying medical problems. And, if a couple find they are having trouble conceiving, NFP information can help them pinpoint the most fertile time of the wife's cycle.

NFP methods can be marriage strengthening. NFP relies on couple communication and behavior change. NFP methods require husband and wife to cooperate with each other in the most intimate area of their lives. During times of periodic sexual abstinence, husband and wife live a renewed courtship as they discover non-sexual ways to express their love for each other. On a practical level, husbands are encouraged to "tune into" their wives' cycles, and both spouses are encouraged to speak openly and frankly about their sexual desires, hopes for number of children, and prayerful discernment of God's will for their marriage.

When living the NFP lifestyle, husband and wife learn that they have a shared responsibility for safeguarding God's gifts of human sexuality, marriage and family. They also grow in their understanding of God's will for their family size. NFP has the potential to make good marriages great!

For personal stories, available classes, and more articles on NFP and related resources visit [USCCB](https://www.usccb.org).

(Adapted from USCCB)

## PRAYER FOR OUR NATION

God of Justice and Truth,  
we ask your blessing on our  
nation.

Thank you for the freedoms we  
enjoy, especially those we take for  
granted.

Thank you for the diversity of our  
people and enlarge our capacity  
for tolerance and mutual respect.

As we celebrate our independence  
as a sovereign nation, may we  
also celebrate our  
interdependence.

Make us mindful of the blessings  
of our rich and abundant land.

May your gracious Spirit inspire  
us to work together to meet the  
challenges of our times.

With all hope, faith, and trust in  
you, we pray.

Amen.

Sadlier Religion



LETS  
BE  
SAINTS!



## VIRTUE OF THE MONTH: PATIENCE

Don't you hate to wait? We have to wait for others, for things, and even for God. The only people who hate to wait more than we do, are children. But we can help our children learn patience, and be happier as a result.

How do we teach our kids that kind of patience?

First we have to believe it's important for our children to learn that virtue. In our throw-away culture that seems to revolve around instant gratification, it can be hard to recognize opportunities for practicing patience as a blessing. We want what we want right now. And so do our children. But patience is an essential piece of good character, a necessary part of having compassion for others and achieving goals. Therefore, delayed gratification has to become our friend.

### Here are some ways to share the virtue of patience:

1. **Model patience.** Waiting with a happy heart behind a slow driver? When on hold with the insurance company?
2. **Be intentional about teaching patience to children.** Waiting their turn is a great training ground. If our children don't react well to waiting, the temptation is to avoid those situations to avoid the inevitable temper tantrum. But in reality, that's exactly the situation that a child needs to experience again, and again, and again. That's how children learn. Avoiding the situation teaches children that waiting is traumatic and should be avoided. Provide your child with coping strategies like...
  - a. Singing a waiting song
  - b. Name the feeling. Put words to the feelings the child is having: frustration, or anger, or sadness. Then look for signs of what other children are feeling. Identifying the feelings of others can lead to compassion. Is the person who is swinging feeling joy? What is the child who fell down feeling?
  - c. Talk about how to be patient BEFORE you are in a difficult moment. Practice situations in which waiting could be problematic.

# ..... American Stained Glass Cross .....



## Materials:

- Saran Wrap
- Glue Stick
- Red and white tissue paper
- Little craft stars (optional)

## Directions

**Step 1:** Lay out Saran Wrap and draw a cross with marker

**Step 2:** Glue directly on the Saran Wrap with stick glue

**Step 3:** Tear tissue paper and place on glue. Glue all over the tissue paper to make sure it sticks well.

**Step 4:** Sprinkle stars on the glue (if using)

**Step 5:** Cut around the cross to tape on the window

# TEACH YOUR KIDS ABOUT THE SAINTS!

JULY FEAST DAYS

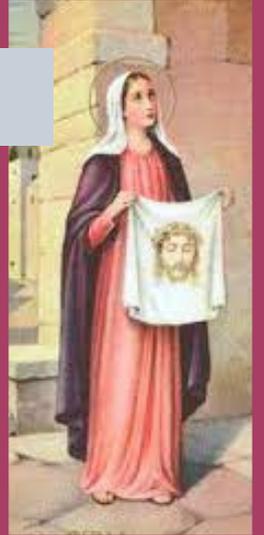
## July 4th - Blessed Pier Giorgio Frassati

- Blessed Pier Giorgio was a member of the Third Order of Saint Dominic and was called the "Man of the Eight Beatitudes" by John Paul II because of his strong love and dedication to serving the poor. He also enjoyed the outdoors and loved to share his spiritual life with his friends while doing seemingly ordinary activities like hiking and skiing.
- Beatified May 20, 1990



## July 12 - St Veronica

- St Veronica is the woman who wiped the face of Jesus with her veil as He walked to Calvary. The image of His face was imprinted on the cloth and is now a relic of the Church.
- Patron saint of photographers and film directors



## July 26th- St Joachim & Anne, Parents of Mary

- While Mary's parents were never mentioned in the New Testament, tradition tells us they were very devout and were well-respected among the Jewish community. They raised Mary in the faith and taught her by word and example to love God and devote her life to Him.
- Anne is the patron saint of Grandmothers and Joachim of Grandfathers

(Adapted from CatholicOnline)

# Upcoming Events:

Totus Tuus .....

See website for all  
available weeks

Weekend Immersion  
Retreat for Married Couples .....

TOPEKA  
August 20-21

Camp Tekakwitha .....

See website for all  
available weeks

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## Office Websites

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Catholic Schools Office

Marriage & Family Life Office

Children's Catechesis/Religious  
Education Office

# Bible in a Year Podcast

If you've struggled to read the Bible, this podcast is for you.

Ascension's Bible in a Year Podcast, hosted by Fr. Mike Schmitz and featuring Jeff Cavins, guides Catholics through the Bible in 365 daily episodes.

Each 20-25 minute episode includes:

- two to three scripture readings
- a reflection from Fr. Mike Schmitz
- and guided prayer to help you hear God's voice in his Word.

Unlike any other Bible podcast, Ascension's Bible in a Year Podcast for Catholics follows a reading plan inspired by the Great Adventure Bible

Timeline® learning system, a groundbreaking approach to understanding Salvation History developed by renowned Catholic Bible teacher Jeff Cavins.

Tune in and live your daily life through the lens of God's word.

(Adapted from Ascension Press)



## Holy Family School of Faith

Holy Family School of faith leads people to Jesus through friendship, good conversation, and the Rosary.

Every evening, Dr. Mike Scherschligt gathers with family and friends to say the rosary - and thousands of people throughout the world join him.

These Daily Rosary Meditations are perfect for your daily commute or morning coffee listening.

Visit

<https://www.schooloffaith.com/>  
to learn more.



**HOLY FAMILY SCHOOL OF FAITH**

(adapted from Holy Family School of Faith)

Out of town for the weekend? Find a Mass near you!

Masstimes.org helps Catholics find churches and worship times worldwide.

Visit [Masstimes.org](https://www.masstimes.org) or download the app today.

## Magnificat

A spiritual guide to help you develop your prayer life, grow in your spiritual life, and participate in the holy Mass with greater fervor.

<https://us.magnificat.net/>