

Faith & Family – Building the Domestic Church

October

Sweets & Saints

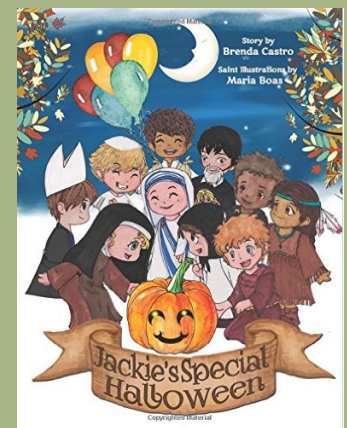
Between the candy, the costumes and getting to stay up past their bedtimes, Halloween is an exciting time for children! And while all this is good and fun, it's important to remember the Catholic roots of this holiday and teach your children what it is they are truly celebrating.

Halloween is the precursor to All Saint's Day (November 1st), a day for celebrating the holy men and women who have been canonized by the Church. Children need to know the importance of honoring these heroes of our faith. Learning about the saints can not only provide excellent role models, but also serve as a reminder that we must strive to live virtuous lives and teach our children to do the same so we may one day join our brothers and sisters in Heaven.

BOOK OF THE MONTH

Jackie's Special Halloween

by Brenda Castro



Sister and brother duo Bella and Pablo return in this delightful story about the true meaning of Halloween. Author Brenda Castro captures young imaginations and shows them the truth and beauty of the Faith.

[Available on Catholic Company.](#)

How to Celebrate Halloween as a Catholic

by Sarah & Justin Kraft

While Halloween is not on the official liturgical calendar of the Church, the holiday has its roots in remembering the dead and confronting the reality of death and evil in the world. It is named All Hallowed Eve or Halloween because on this night we prepare for the great feast of All Saints Day. In fact, it is only when we look at it in reference to the Feast of All Saints the next day that we see the full meaning. It shows us that God's people triumphs over evil and light is victorious over darkness.

Here are ways to celebrate Catholicism on Halloween:

Dressing up

First, we encourage our children (currently ages 6, 3, and 15 months) to dress up as someone or something they can be proud of. Whether it's a superhero (who fights against evil), a princess who fights for justice for her people, or a priest, we use the day as an opportunity for our children to have positive role models to whom they can look up. One could choose to dress up as saints as well. We use the opportunity of Halloween to guide our kids to think about their ultimate identity – they are children of God. As they tell us what they want to “be” we can ask what someone like that can do for God.

Trick or Treating

Trick or Treating originally started as beggars would go door to door and promise to pray for the dead in exchange for either food or a treat. Today, children simply go door to door. Perhaps your family could pray for all they will meet that night before leaving the house.

Bless the Candy

As you dump out the candy at home, don't just check the candy – bless or pray over it as well as well as pray for those you have encountered throughout the evening! One option is to pray the St. Michael the Archangel prayer and sprinkle the candy with holy water. This once again serves to remind us that evil is real, but God ultimately triumphs over death!

Carve Jack O'Lanterns

Jack O'Lanterns bring light into darkness. They are a visible sign. When you carve pumpkins, explain to your children that we take out all of the yuck and guts of the pumpkin to make something new, just as God takes out all of our “yuck” (such as our mistakes, sin and failure). Just as we put a candle in the jack-o-lantern to shine for all to see, God can put the light of Christ inside of us to shine for all to see if we let him.

Pray for the dead

It's tradition to pray for the dead and the souls in purgatory around this time of year. Visit your local Catholic cemetery to pray for all buried there and all the dead (especially your deceased relatives who may or may not be buried there). Most parishes also display a “book of the dead” in which you can write the names of your deceased loved ones and the parish community will then pray for the souls of those listed in the book. Take a minute during the week to stop by your parish church to write the names of your deceased loved ones in the book. Once that is done, take a few minutes to pray for them then and there. This will add a moment of prayer to your week and praying for the dead is a great spiritual work of mercy.

Talk about the Martyrs

There are many, many heroic people in our Catholic faith tradition. We call them saints. Especially exciting are the martyrs (a Greek word meaning witness) who gave up everything – including facing death – in order to glorify God. These are some of the most thrilling stories. You can tell these stories in an age-appropriate way for your children.

Decorations

Use skulls and other symbols of death in your decorations to remind your household that we must remember that we will die and can only rely on God for our salvation.

Hopefully, these have given you and your family a few ideas on how to incorporate your Catholic faith into Halloween. Happy Halloween!

TEACH YOUR KIDS ABOUT THE SAINTS!

OCTOBER FEAST DAYS

October 1st - St Therese of Lisieux



- Canonized May 17, 1925
- St Therese was born in France into a very holy family. At a young age, she developed the habit of mental prayer and a strong desire to enter the Carmelite order, which she finally did at age 15. After her early death at age 24, St Therese' writings became very popular and her "little way" (doing little things with great love) provided a straightforward path to sainthood.
- Patron saint of florists, foreign missions, priests, and the sick.

October 5th - St Faustina Kowalska

- Canonized April 30, 2000
- St Faustina first felt the call to religious life at 7 years old, but was denied entrance because of her appearances and poverty until she was finally allowed to enter the Congregation of the Sisters of Our Lady of Mercy at age 20. Throughout her life, St Faustina was visited by Jesus and was instructed by Him to spread devotion to Divine Mercy. Her diary containing all of her conversations with Jesus has become one of the most widely-read religious works.
- Venerated in the Church as the "Apostle of Divine Mercy"



October 22nd - St Pope John Paul II



- Canonized September 20, 2013
- Karol Wojtyla was born in Wadowice, a small city near Cracow on May 18, 1920 and grew up amid the Nazi occupation. He began studying in the clandestine seminary of Cracow in response to his call to the priesthood. Karol was known for his love of theater and the outdoors as well as his teaching on the Theology of the Body. He was elected pope on October 16, 1978.
- Patron saint of World Youth Day

(Adapted from CatholicOnline)

Upcoming Events:

Mass of the Innocents

October 30th - 1pm
Holy Spirit Catholic
Church
Overland Park, KS

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Forgiveness Institute KC

Forgiveness 101 offers a safe and supportive healing experience of healing for anyone suffering the wounds of unresolved conflict in their life.

The Path towards healing is a journey of hope. It frees us to be who God has called us to be. It is a gift that we can give ourselves. This Forgiveness 101 course doesn't have all of the answers. It is a tool that will guide you to find answers and practical tips that will help you integrate this message into your own life.

Visit www.yeabut.org for more information and to sign up for the course.



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.

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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/>