

# Faith & Family - Building the Domestic Church

## September

### Our Lady of Sorrows

The Seven Sorrows of Mary are seven events in Mary's life that caused her deep sorrow. The way Mary endures this suffering gives us a perfect example to follow when we experience hardships in our own lives. No one is spared hardship, not even children. The practice of uniting our suffering to Christ through Mary's sorrowful heart can be taught to them even at a young age. Read the scripture and use the following questions to encourage your children to meditate on each of Mary's sorrows and relate them to difficulties they have experienced.

The Prophecy of Simeon (Luke 2:25-35)

The Flight into Egypt (Matthew 2:13-15)

The Loss of the Child Jesus in the Temple (Luke 2:41-51)

Mary Meets Jesus on His Way to Calvary (Luke 23:26-31)

The Crucifixion (John 19:17-18, 25-30)

The Body of Jesus is Removed from the Cross (Mark 15:43-47)

The Burial of Jesus (John 19:39-42)

Questions for discussion:

1. Why do you think this made Mary sad?
2. Can you think of a time when you felt similar feelings?
3. How can we ask Mary to help us in times when we feel sad?

### BOOK OF THE MONTH

#### Pray and Think Imaginative Rosary Book

by Candace Camling



This book uses step-by-step instructions with child-friendly explanations and illustrations to help children learn how to pray the Rosary and introduce them to meditative prayer.

[Available on Ascensionpress.com](http://Ascensionpress.com)

# Simple Tips for Teaching Children to Pray

Teaching children to pray is a vital part of introducing them to Jesus and reinforcing their relationship with God. Our Lord gave us prayer so we could communicate with him directly, and getting children comfortable with prayer helps them to understand that God is always close and accessible

## **When to Start Teaching Children to Pray:**

Children can start learning to pray even before they can speak in coherent sentences simply by watching you pray and by inviting them to pray with you as best they can. As with any good habit, you'll want to reinforce prayer as a regular part of life as early as possible. Once a child can communicate verbally, they can learn to pray on their own, either out loud or silently.

## **Teach Prayer as a Conversation:**

Be sure your children understand that prayer is simply a conversation with God, one that shows respect for his unending love and power, but that is spoken in our own words.

## **Let Your Kids See You Pray:**

The best way to begin educating your children about prayer is to pray in their presence. Look for opportunities to practice prayer in front of them, just as you would seek out instances to teach them about manners, good sportsmanship, or humility.



## **Choose Age-Appropriate Prayers:**

Try to keep the words and subjects appropriate to your child's age level, so younger kids won't be scared by serious situations. Prayers for a good day at school, for pets, for friends, family members, and local and world events are perfect ideas for kids of any age. Show children that there is no prescribed length to prayer. Quick prayers such as asking for help with choices, for blessings on a birthday party, or for protection and safe travels before going on a trip are ways to show kids that God is interested in all aspects of our lives.

## **Be Supportive:**

Reinforce that we can take everything to God and that no request is too small or insignificant. Prayers are deeply personal, and a child's worries and concerns change at different ages. So, encourage your child to talk to God about whatever is on his or her mind.

## BACK TO SCHOOL PRAYER

Dear Lord,  
use my eyes to SEE  
new friends.  
Open my ears to HEAR  
my teacher.  
Open my mind to  
LEARN new things.  
Let my heart  
REMEMBER You are  
near when I'm afraid.  
Help me to LOVE  
others like you do.  
I want to SHINE  
your light so bright in my  
school.  
Amen.

- Courtney Defeo



LETS  
BE  
SAINTS!

**"Parents and Guardians are also catechists; they are the first and primary teachers of the faith for their children."**

## CATECHETICAL SUNDAY

### **What is Catechetical Sunday?**

As part of a 1935 initiative to recognize and celebrate the gift that catechists give to their parish communities by volunteering their time for the education of children, the Church began what we know today as Catechetical Sunday. Catechetical Sunday always takes place the third Sunday in September. Catechetical Sunday is an opportunity for all Catholics to rededicate themselves to the mission of handing on the faith and being a witness to the Gospel as a community of faith. The day provides an opportunity to celebrate those who do the important work of handing on the faith, and an opportunity for all of us Catholics to consider ways we are witnesses for Jesus Christ ourselves.

### **Who are Catechists?**

Each Catechetical Sunday, we celebrate catechists. All those who teach the Catholic faith and share the Church's teachings are catechists. The word catechesis is from a Greek word meaning "to echo." All those who teach in the Church's name and about Jesus by the way they live are catechists. Parents and guardians are also catechists; they are the first and primary teachers of the faith for their children.

On Catechetical Sunday, we come together as both a parish and Church community to acknowledge the dedication of those who serve as catechists in our parish family. We also honor parents and guardians on this day, since they are the true first catechists, sharing the Catholic faith with their families.

**This year, the Church will celebrate Catechetical Sunday on September 18, 2022 , and the theme is:**

**"This is my body given for you"**

**Luke 22:19**

# Autumn Tree Painting with Cotton Balls



## Materials:

- Acrylic Paint (black, red, orange & yellow)
- Cotton Balls
- Canvas Pad or white cardstock
- Pencil
- Paintbrushes
- Paint Palette (or paper plate)
- Clothespins

## Instructions:

1. Paint the sky blue and let dry
2. Let kids draw out their branches, paint the branch black and let it dry.
3. Prepare your cotton ball "paint brushes" by clipping a clothespin to a cotton ball. You will need one for each leaf color
4. Start by painting with red first, then orange, and yellow last. For best results, remind kids to dab the paint on and try to avoid smudging paint back and forth.

# TEACH YOUR KIDS ABOUT THE SAINTS!

SEPTEMBER FEAST DAYS

## September 5th - St Teresa of Calcutta



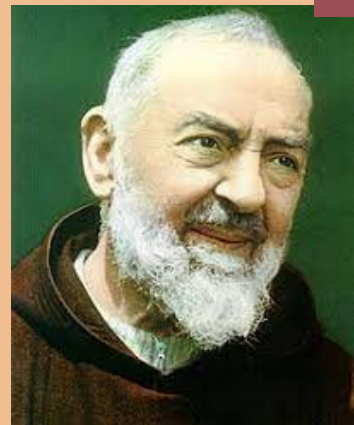
- Canonized on September 4, 2016
- Mother Teresa joined the Sisters of Loreto in Ireland when she was 18 years old. She spent 20 years teaching at a school for girls in Loreto before following a "call" by God to establish the Missionaries of Charity, a religious community that served the poor in Calcutta.
- Patron saint of World Youth Day

## September 18th - St Joseph of Cupertino

- Canonized on July 16, 1767
- St Joseph had a desire at a young age to join the priesthood, but was very absent-minded and slow to learn, resulting in him getting sent away from many orders. He was finally accepted as a servant at a Franciscan monastery where he experienced immense growth in humility and gentleness. As a priest, he was known for the many miracles worked through him as well as the frequent ecstasies and levitations he experienced.
- Patron saint of aviators, flying and studying



## September 23rd - Padre Pio



- Canonized on June 16, 2002
- At 15 years old, Francesco Forgione entered the novitiate of the Capuchin friars and took the name Pio, later known as Padre Pio following his final vows. He suffered many illnesses throughout his life, but always maintained a deep prayer life and devotion to serving his community. Padre Pio had the gift of the stigmata, the wounds of Christ on his hands and feet.
- Patron saint of civil defense volunteers, adolescents and stress relief

# Upcoming Events:

## Mass of the Innocents

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

## Office of Children's Catechesis

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## Office of Marriage & Family Life

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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/>