



## St. Helen Catholic School

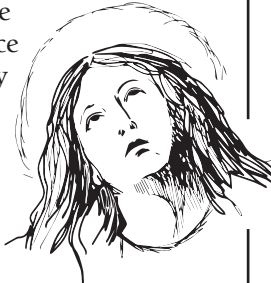
Educating the whole person to see with Christ's eyes.



### Thoughtful Moments

#### St. Mary Magdalen de' Pazzi

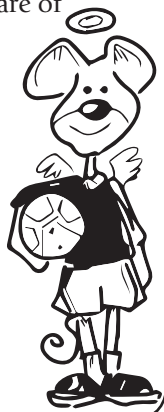
Born to a noble family in Florence in 1566, St. Mary entered the Carmelite order when she was sixteen. She soon experienced mystical ecstasies and enjoyed a personal relationship with Jesus. She also experienced a time of spiritual desolation. It was said she could read the thoughts of others, predicted future events, and cured the sick. She was known for her wisdom rooted in common sense, her charity, and her love for the Eucharist.



#### Prayer, Virgin Mary Style

Mary believed in God's ability to redeem any situation. At the wedding in Cana when the wine ran short, Mary didn't panic but calmly told Jesus what happened and trusted he would take care of it. He did. We can pray as Mary did. Tell God what you need and be confident he will help.

*"Charm is deceptive and beauty fleeting; the woman who fears the LORD is to be praised"* (Proverbs 31:30).



## 5 ways to become a happier family

Happy families share love easily, enjoy time together, and connect solidly. Try these tips to be a happier family:

**Play together.** Playing together as a family builds strong bonds and tells children parents consider their company important. Outdoor games, board games, or made-up games teach children valuable social skills and build warm memories.

**Create traditions together.** Traditions give children a sense of belonging and shape their identity.

Friday movie nights, Saturday walks in the park, pancakes on Sunday after Mass, whatever is fun, consistent, and practical can become a family tradition.

**Work together.** There is essential work necessary for a family to operate smoothly and accomplishing chores together can create a sense of achievement and connection. Washing

dishes, sorting and folding laundry, dusting and vacuuming as a team, even running errands together, provide opportunities for bonding and teaching.

**Worship together.** Happy families – happy people, in general – spend time reflecting on their blessings and expressing gratitude. Consistent participation in

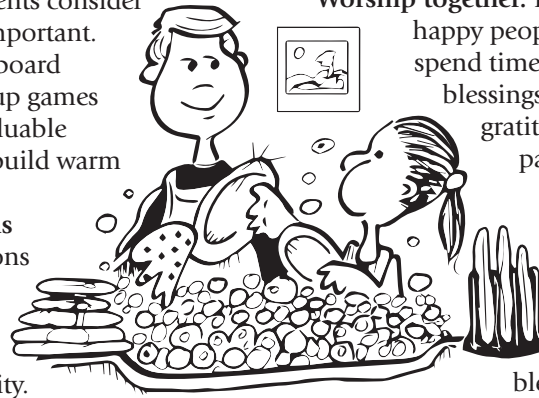
Sunday Mass roots families in the grace of the Sacrament.

Daily spending time counting

blessings and

praying for themselves and others creates a safe and loving space in which families can take refuge at the end of a busy day.

**Cheer together.** Celebrate achievements and console over failures. Exchanging sincere compliments and building each other up communicates confidence and respect in a family.



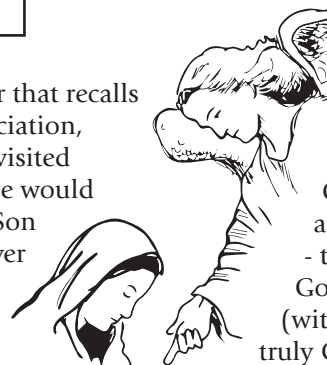
### Why Do Catholics Do That?

#### Why do Catholics pray the Angelus?

The Angelus is a prayer that recalls the events of the Annunciation, when the angel Gabriel visited Mary and asked her if she would be the mother of God's Son (Luke 1:26-38). The prayer consists of three call-and-response verses each followed by three

Hail Marys, and a short prayer.

Three times daily, the Church recalls the moment and reality of the Incarnation - that the infinite, all-powerful God truly became one of us (without sin), while remaining truly God (Philippians 2:5-8).



# Gather your family around the table

Did you know that you can help your children become better socialized and more secure individuals in as few as 60 minutes a week? Experts agree that gathering for even one weekly family meal can build a stronger, more connected family.

**Pick a time and place – and stick to it.** Turn off the TV, let the phone ring. Send the message that family time comes first.

**Pray before and/or after the meal.** Praying as a family encourages children to develop individual prayer habits. And encouraging them to pray

for others fosters social awareness.

**Celebrate the liturgical seasons.** Marking the changes in the year is an enjoyable way to instruct children about our faith.

**Build traditions that strengthen family identity and stability.** Friday pizza night, lighting candles during Advent, an indoor picnic at the first snowfall – the tradition doesn't matter as long as it is consistent.

**Gathering regularly around a family table reinforces the idea that we don't merely exist for ourselves – we are all members of a greater Body.**

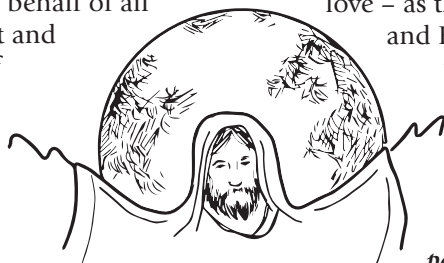


## Scripture LESSON John 17:1-11A, Following Jesus in the world

The prayer of Jesus in this passage is called his "high priestly prayer." In it, he prays as a priest on behalf of all his followers – current and future. It is a prayer of petition and intercession. Jesus knew that, after he was no longer on Earth, his disciples could be tempted to stray. Jesus asked his Father to keep all Christians faithful to him and free from contamination by the world.

Jesus knew that his followers throughout time would need extra help to experience God's guidance and protection. He asked that we be

sanctified – set apart. And he asked God to help us remain united in love – as the Father, Son, and Holy Spirit are united in love – so we can become holy and dedicated to God.



**What can a parent do?** It is love that unifies the Christian community and makes its mission in the world possible. Our loyalty and dedication to the Church keeps us united in Jesus' love and focused on his saving mission. Consider contributing your family's time, talents, and treasure to your parish ministries.

## Parent TALK

My eleven-year-old-son, Michael, has two best friends at school whom he has known since first grade. This year there was a new boy in their class. Josh transferred from another school and doesn't know anyone. I asked



Michael to invite him over when he and his friends got together on Saturday.

"But Mom, all he does is read history books," Michael complained. "I'll bet he doesn't even know how to play basketball!" I urged Michael to give him a chance. I asked him to think about how Josh must feel having left all his other friends behind. Reluctantly, Michael agreed.

To his surprise, Josh could play basketball but needed help shooting accurately. The boys helped him and played the whole afternoon, alternating between basketball, videogames, and board games. They had a great time! When Josh left, he promised to invite his new friends to his house next time.

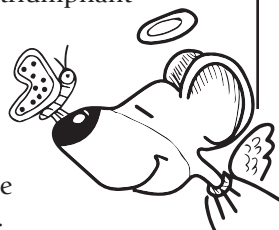
## Feasts & Celebrations

**May 11 – St. Ignatius of Laconi (1781).** The second of nine children of peasant parents in Sardinia, Italy, St. Ignatius entered the Franciscan order after a riding accident, convinced God had saved his life. He became the official beggar for the friars. On his rounds, he consoled the sick and lonely, and converted sinners. He died in 1781 and was canonized in 1951.

**May 13 – Our Lady of Fatima (1917).** The Blessed Virgin Mary appeared to three children near Fatima, Portugal. Mary asked the children to pray the

Rosary for world peace, for the end of World War I, for sinners and for the conversion of Russia. This feast was approved by the local bishop in 1930; it was added to the Church's worldwide calendar in 2002.

**May 25 – Ascension of the Lord (1st century).** This solemnity marks the completion of Jesus' mission of salvation and his triumphant entry into Heaven. Note: In some dioceses, observance of Ascension has been moved to the following Sunday.



**Our Mission**

To help parents raise faithful Catholic children

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