

Partners in FAITH™



Helping our children grow in their Catholic faith.

September 2019

St. Helen Catholic School

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

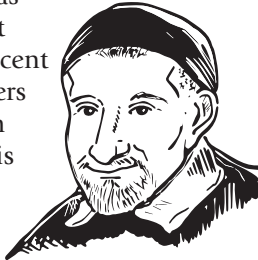
Have a great school year!



Thoughtful Moments

St. Vincent de Paul

Though he was born to peasant farmers, St. Vincent rubbed shoulders with nobility in the course of his career. He was born in France, educated and ordained a priest. He served as chaplain to the Countess of Gondi, King Louis XIV, and Queen Anne of Austria. Seeing the spiritual suffering of the poor, he cared for them and worked to reform the priesthood. He founded the Sisters of Charity and a hospital in Marseilles.



Cardinal Virtues

The Church suggests acquiring four good habits necessary for us to get to Heaven. They are **prudence** (the ability to choose and do good), **justice** (the will to give what is due God and neighbor), **fortitude** (ensures firmness in difficulties), and **temperance** (moderates the pursuit of pleasure).

"Mother Teresa of Calcutta was once asked what needed to change in the Church. Her answer was: You and I!"
Pope Francis



The first weeks of school present opportune moments to recommit to your child's academic and spiritual growth over the next ten months. Try these tips:

Pray through the day – A key to spiritual strength is prayer. Make prayer central to your family life. Pray together before school and in gratitude when the day is over. Pray before and after meals. Ask your children their intentions so you can pray on their behalf. Prayer joins us together when we are apart.

Recommit to weekly Mass. There is no more important activity any family can share. When we center ourselves around the Eucharist, we are given the

spiritual food we need to be strong in our faith.

Family meal. Studies attest to the importance of family meals to school success and spiritual formation. Make every effort to gather for family dinners each night. Start with prayer and focus on conversation. Don't let anything interfere with this family time.

Homework help. Youngsters need a quiet environment in which to do homework, the necessary supplies, support and supervision. Work with teachers to

learn what your students need to be successful. Treat religious education homework with the importance of any core subject. Its benefits are lifelong.

Share the love. Choose many different ways to tell children how much you love them. Be generous



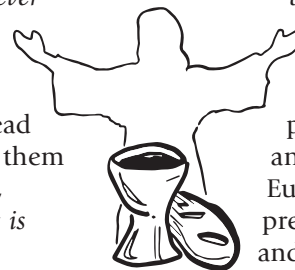
Why Do Catholics Do That?

Why do Catholics believe Jesus is truly present in the Eucharist?

When Jesus said, "whoever eats my flesh and drinks my blood has eternal life" (John 6:54), he spoke literally. Later, taking bread and wine, Jesus changed them into his body and blood, saying, "Take and eat; this is my body" and "this is my

blood" (Matthew 26:26-28).

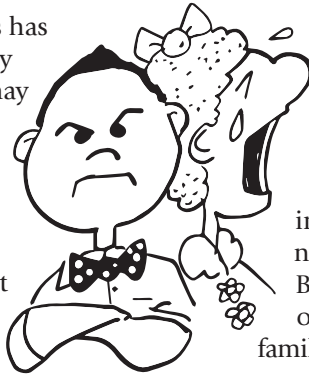
The Catholic Church calls this action transubstantiation. When the priest consecrates the bread and wine into the Holy Eucharist, Jesus is literally present—Body and Blood, Soul and Divinity—just as he said.



Do fussy children belong in church?

If you have ever raced into the pew after Mass has started, juggled a crying child during the homily or settled spats during the Consecration, you may feel that fellow parishioners are judging you harshly. It may seem like church is only suited to perfectly behaved and pious families. Yet messy, wonderful families of God are critical to the Catholic Church.

Children are our future. Parents are the most influential teachers of faith and catechesis for their children. Children first learn about



God's love from their parents. That makes you valued and important to building up the Catholic Church. Those occasionally scruffy, sometimes noisy children you bring into the church are our future.

The Church is for you. Jesus truly comes to us in the Eucharist at every Mass. There is no better nourishment for our souls than his Body and Blood. Come to Mass weekly and give children opportunities for his grace. Seek support in your family faith journey. It's what the Church is meant to do.

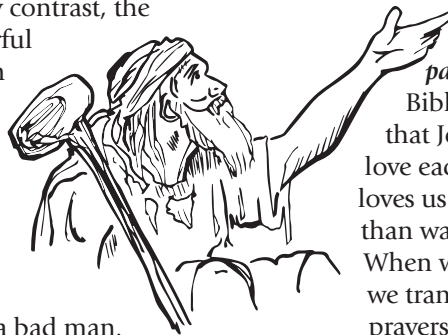
Scripture LESSON

Luke 16:19-31, Faith formed by love

In this passage, Jesus told the story of Lazarus, a beggar who lay suffering, miserable and ignored outside the home of a rich man. By contrast, the rich man had a wonderful and comfortable life on earth, clueless to what was happening outside his very door. Yet in the afterlife, it's the rich man who suffers torment and begs for relief.

The rich man wasn't a bad man. The parable didn't say he got his wealth through dishonest means or had done anything evil. He was blind to the suffering of others. He knew what God

expected of him, didn't do it, and didn't care. Jesus portrays his suffering in the afterlife as just



punishment. *What can a parent do?* The Bible makes it plain that Jesus wants us to love each other as he loves us. Love is more than warm feelings.

When we live our faith, we transform our prayers into acts of love as Jesus asked. It isn't always easy or pleasant doing the right thing, but the reward for doing what Jesus asked will be eternal joy.

Feasts & Celebrations

September 15 – Our Lady of Sorrows. In Luke 2:35, Simeon predicted Mary's sorrows as "a sword piercing" her soul. This partly referred to a time when Mary would stand at the foot of the Cross. Despite her sorrow, Mary stood dignified and fearless while others ran away. Mary shows us how to respond to suffering - with love and faith.

September 17 – St. Robert Bellarmine (1621). A Jesuit, Robert was a scholar devoted to studying and writing about Church history, Scripture, and the fathers of the

Catholic Church. He worked to accurately record Church doctrine to explain and protect it from attack by Protestants. Although a cardinal and counselor to Pope Clement VIII, he lived a simple life.

September 29 – Saints Michael, Gabriel, and Raphael. Members of the third hierarchy of angels around the throne of God, archangels are entrusted with important missions to mankind such as St. Gabriel's visit to the Blessed Mother to tell her she had been chosen as the Mother of God.



Parent TALK

A girl named Ryan was new to Tessa's class this year. She must have missed her old school and friends



because Ryan cried the first few days of school. Tessa got upset when the other girls

made fun of her during recess. She asked how she could help.

I explained how Ryan must feel coming to a new city, a new home, and a new school. I remembered that I had moved when I was Tessa's age and told her how it felt.

Then I asked Tessa for ideas for how she could help Ryan feel welcome. She resolved to sit next to her at lunch and play with her at recess. She also had a notebook and matching pen she decided to give to Ryan as a welcome gift.

It must have worked because Tessa said Ryan didn't cry at recess. Instead, she smiled and my girl learned compassion.

Our Mission

To help parents raise faithful Catholic children
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