

Resources for the Family

In this section, you will find a treasury of resources to help build up your Catholic Identity at home, in your parish, and in the community. Learn more about key Catholic teachings from the themes of your child's *Celebrating Catholic Identity* retreats: **CREED**, **LITURGY & SACRAMENTS**, **MORALITY**, and **PRAYER**. For each theme, you will find Catholic prayers, practices, and devotions to share with those you love—and make a part of your daily lives as a Catholic family!

Family: “the place where parents pass on the faith to their children.”

—Pope Francis

Apostolic Exhortation Evangelii Gaudium, 66

Spirituality and Your Second-Grade Child

Your second grader is at a unique stage in his or her emotional and spiritual growth. Second graders are starting to make larger connections beyond their immediate, egocentric concerns. They may respond to experiences in which they can connect with the feelings, reactions, and responses of others.

Second graders are also lively, curious, and easily distracted. They have an average attention span of seven minutes. Their attention will be sparked by a simplicity and “do-ability” that engages their natural curiosity and interest.

Second graders are usually growing in their ability to work cooperatively with others. Reinforce this growth by stressing the importance of love and mutual respect at home and beyond.*

Your second grader also has a great capacity for wonder. This is a natural foundation for a lifelong appreciation for the awesome mysteries of God. Sharing times of silence and reflection with your child—quiet moments of appreciation for God amidst the wonders of nature, or before bedtime—can help to foster your child’s sense of awe for God.

**See Catechetical Formation in Chaste Living,
United States Conference of Catholic Bishops, #1*





Everlasting Life

Through his suffering, Death, and Resurrection, Jesus saved us from sin and restored us to God's life and love. Just as we believe in Jesus' Resurrection, we have hope in our own resurrection and everlasting life with Jesus Christ after we die. Pray the Nicene Creed as a family and pinpoint the words that express these beliefs.

Nicene Creed

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.

I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit
was incarnate of the Virgin Mary,
and became man.

For our sake he was crucified
under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand
of the Father.
He will come again in glory to judge
the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is
adored and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic
and apostolic Church.
I confess one Baptism for the
forgiveness of sins
and I look forward to the resurrection of the
dead and the life of the world to come.
Amen.





119

Luke, 10

Book
Chapter

Verse

Passage

Passage Title

Titles are sometimes added to show themes of the chapters, but these titles are not part of the actual words of the Bible.

Praise of the Father ²¹ *t u** At that very moment he rejoiced [in] the holy Spirit and said, "I give you praise, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will. ²² *v* All things have been handed over to me by my Father. No one knows who the Son is except the Father, and who the Father is except the Son and anyone to whom the Son wishes to reveal him."

A passage is a section of a chapter made up of a number of verses.

This passage shows Luke 10:21–22, which means: the Gospel of Luke, chapter ten, verses twenty-one to twenty-two.

Reading the Bible . . . in Five Easy Steps

When you are given a Scripture passage to read, here are five easy steps that will help you to find it! With your child, follow these steps to look up **Lk 10:21–22**.

1. **Find the book.** When the name of the book is abbreviated, locate the meaning of the abbreviation on the contents pages at the beginning of your Bible. *Lk* stands for Luke, one of the four Gospels.
2. **Find the page.** Your Bible's contents pages will also show the page on which the book begins. Turn to that page within your Bible.
3. **Find the chapter.** Once you arrive at the page where the book begins, keep turning the pages forward until you find the right chapter. The image above shows you how a chapter number is usually displayed on a typical Bible page. You are looking for chapter 10 in Luke.
4. **Find the verses.** Once you find the right chapter, locate the verse or verses you need within the chapter.

The image above also shows you how verse numbers will look on a typical Bible page. You are looking for verses 21 and 22.

5. Start reading!



More Than Bread and Wine

Share with your second grader that Jesus gave us the gift of the Eucharist at the Last Supper. The Eucharist is the Sacrament of the Body and Blood of Jesus Christ. Explain to your child that Jesus is really present under the appearances of bread and wine. Through the words and actions of the priest and by the power of the Holy Spirit, the bread and wine are changed and become the Body and Blood of Christ. The true presence of Jesus Christ in the Eucharist under the appearances of bread and wine is called the Real Presence.



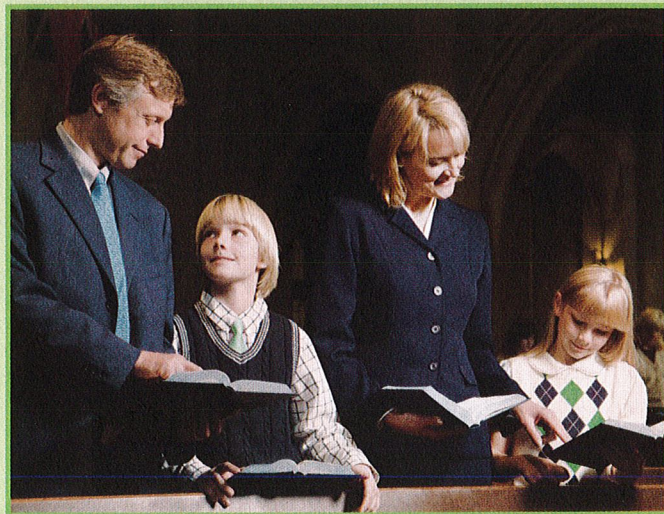
Here is a prayer before communion that your family can learn and pray when you are at Mass.

Prayer Before Communion

O God, who in this wonderful Sacrament left us a memorial of your Passion: grant, we implore you, that we may so venerate the sacred mysteries of your Body and Blood, as always to be conscious of the fruit of your redemption. You who live and reign forever and ever.

Amen.

(From *Tantum Ergo*)

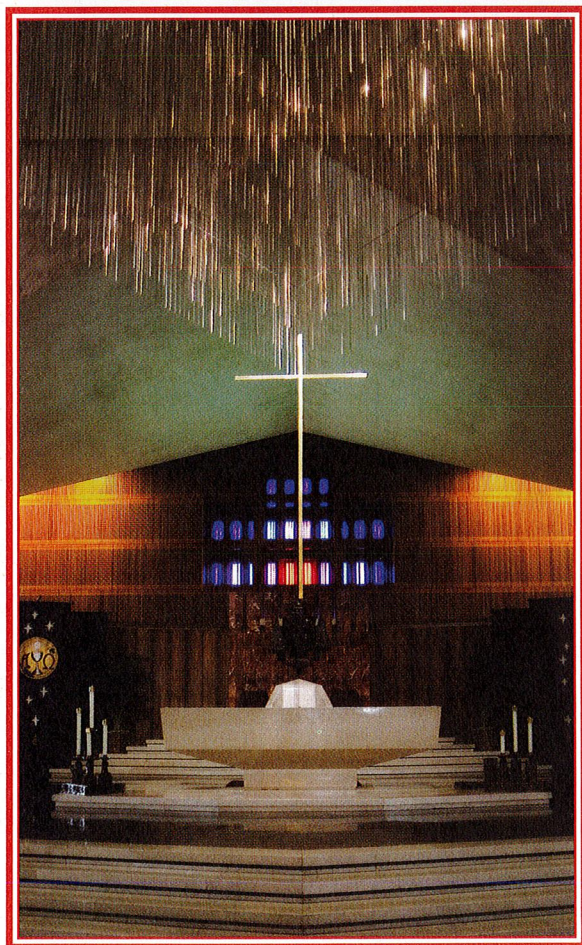
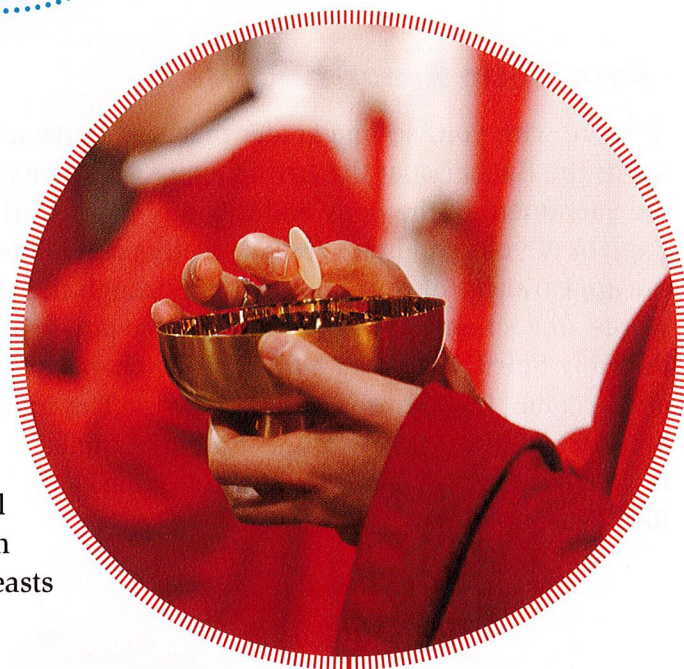




Celebrating All Year

Talk with your child about the meaning of liturgy. The liturgy is the official public prayer of the Church. This includes the Mass, Liturgy of the Hours, and all the celebrations of the sacraments. In the liturgy we gather as a community joined to Christ to celebrate what we believe.

Does your family know that the Church has its own liturgical year? In one liturgical year we recall and celebrate the whole life of Jesus Christ. The liturgical year begins in late November or early December with the season of Advent. It includes such seasons and feasts as Christmas, Lent, Easter, and Pentecost Sunday.



Holy Days of Obligation

Each Sunday of the liturgical year is a great celebration of the Church, or a solemnity. In addition to each Sunday, there are other solemnities in the liturgical year on which we are obliged to attend Mass to give special honor to Jesus Christ for the salvation he has given to us. These are called Holy Days of Obligation. Post this list of holy days in the home to remind everyone of them!

- Solemnity of Mary, Mother of God (January 1)
- Ascension (when celebrated on Thursday during the Easter season*)
- Assumption of Mary (August 15)
- All Saints' Day (November 1)
- Immaculate Conception (December 8)
- Christmas (December 25)

** Some dioceses celebrate the Ascension on the following Sunday.*

Seven Themes of Catholic Social Teaching

Human dignity is the value and worth that come from being created in God’s image and likeness. Throughout Jesus’ life and teaching, he stood up for the human dignity of every person. Jesus’ life and teaching are the foundation of Catholic social teaching. This teaching calls us to work for justice and peace as Jesus did. Discuss with your family ways in which you can work together for justice and peace.

1. Life and Dignity of the Human Person Human life is sacred because it is a gift from God. Because we are all God’s children, we all share the same human dignity. As Christians we respect all people, even those we do not know.

2. Call to Family, Community, and Participation We are all social. We need to be with others to grow. The family is the basic community. In the family we grow and learn the values of our faith. As Christians we live those values in our family and community.

3. Rights and Responsibilities of the Human Person Every person has a fundamental right to life. This includes the things we need to have a decent life: faith and family, work and education, health care and housing. We also have a responsibility to others and to society. We work to make sure the rights of all people are being protected.

4. Option for the Poor and Vulnerable We have a special obligation to help those who are poor and in need. This includes those who cannot protect themselves because of their age or their health.



5. Dignity of Work and the Rights of Workers Our work is a sign of our participation in God’s work. People have the right to decent work, just wages, safe working conditions, and to participate in decisions about work.

6. Solidarity of the Human Family Solidarity is a feeling of unity. It binds members of a group together. Each of us is a member of the one human family. The human family includes people of all racial and cultural backgrounds. We all suffer when one part of the human family suffers whether they live near or far away.

7. Care for God’s Creation God created us to be stewards, or caretakers, of his creation. We must care for and respect the environment. We have to protect it for future generations. When we care for creation, we show respect for God the Creator.





A Roadmap to Happiness

What makes your family happy? When we live as Jesus' disciples, we can find true happiness. The Beatitudes are Jesus' teachings that describe the way to live as his disciples. In the Beatitudes the word *blessed* means "happy."

The Beatitudes

What the Beatitudes Mean for Us

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."

We are "poor in spirit" when we depend on God and make God more important than anyone or anything else in our lives.

"Blessed are they who mourn, for they will be comforted."

We "mourn" when we are sad because of the selfish ways people treat each other.

"Blessed are the meek, for they will inherit the land."

We are "meek" when we are patient, kind, and respectful to all people, even those who do not respect us.

"Blessed are they who hunger and thirst for righteousness, for they will be satisfied."

We "hunger and thirst for righteousness" when we search for justice and treat everyone fairly.

"Blessed are the merciful, for they will be shown mercy."

We are "merciful" when we forgive others and do not take revenge on those who hurt us.

"Blessed are the clean of heart, for they will see God."

We are "clean of heart" when we are faithful to God's teachings and try to see God in all people and all situations.

"Blessed are the peacemakers, for they will be called children of God."

We are "peacemakers" when we treat others with love and respect and when we help others to stop fighting and make peace.

"Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven."

We are "persecuted for the sake of righteousness" when others disrespect us for living as disciples of Jesus and following his example.

Matthew 5:3-10





What Are Sacramentals?

Are there any sacramentals, such as rosaries, around your home? Sacramentals are those blessings, actions, and objects that help us respond to God’s grace received in the sacraments. Here are some examples:

- blessings of people, places, foods, and objects
- objects such as rosaries, medals, crucifixes, blessed ashes, and blessed palms
- actions such as making the Sign of the Cross, sprinkling holy water, or praying the Stations of the Cross.



Stations of the Cross

Did your family know that the Stations of the Cross are among the oldest ways of honoring the events of Jesus’ life, suffering, Death, and Resurrection?

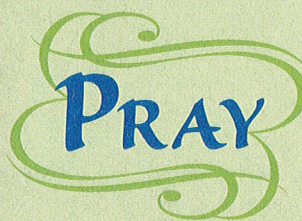
Your family may have seen the Stations of the Cross depicted along walls of your parish church. If possible, pray the stations together as a family. Here’s how:

At each station, stop and remember one of these events:

- | | |
|---------------------------------------|---|
| 1. Jesus is condemned to die. | 8. Jesus meets the women of Jerusalem. |
| 2. Jesus takes up his cross. | 9. Jesus falls the third time. |
| 3. Jesus falls the first time. | 10. Jesus is stripped of his garments. |
| 4. Jesus meets his mother. | 11. Jesus is nailed to the cross. |
| 5. Simon helps Jesus carry his cross. | 12. Jesus dies on the cross. |
| 6. Veronica wipes the face of Jesus. | 13. Jesus is taken down from the cross. |
| 7. Jesus falls the second time. | 14. Jesus is laid in the tomb. |



Then



We adore you, O Christ,
and we bless you.
Because by your holy cross,
you have redeemed the world.



A Virtuous Life

Explain to your child that a virtue is a good habit that helps us to act according to God's plan for us. The virtues of faith, hope, and love (also called charity) are theological virtues. Virtues help guide our conduct with the help of God's grace.

An Act of Faith

O God, we believe in all that Jesus has taught us about you.
We place all our trust in you
because of your great love for us.

An Act of Hope

O God, we never give up on your love.
We have hope and will work for your
kingdom to come and for a life that
lasts forever with you in heaven.

An Act of Love

O God, we love you above all things.
Help us to love ourselves and one
another as Jesus taught us to do.

