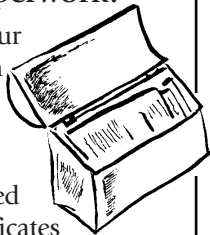




## Thoughtful Moments

### Keep your paperwork!

Make sure to file your Church documents in a safe place with your other important family documents. Your children will need their Baptismal Certificates for just about everything in the life to come – registration for religious education, First Communion, Confirmation, Marriage, Holy Orders, etc.



### Heal together

The most effective way to convince our children of the value of the Sacrament of Reconciliation is to seek it ourselves. If you haven't been to Confession in years, remember that it is first and foremost a sacrament of healing. And welcoming a penitent sinner back to God's forgiveness is one of a priest's greatest joys.

### Spread peace

Violence is power used to hurt. It can be physical – a blow, a gunshot, a bombing. But it can also take other shapes, such as threats, nasty remarks, or withering glances. All forms are hurtful and dangerous. Ridding our families of such violence will help to change our communities, too.



## Stop a lying habit now

It is not unusual for a child to lie to avoid punishment or to obtain something not allowed. Still, lying is not acceptable. Try these ideas to stop it:

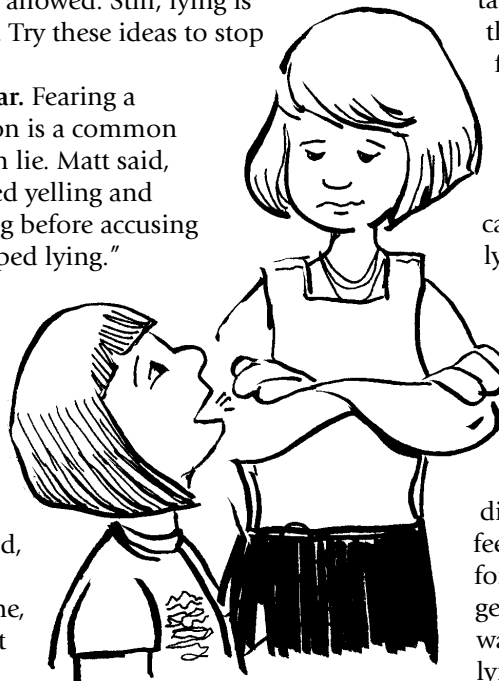
**Eliminate fear.** Fearing a parent's reaction is a common reason children lie. Matt said, "Once I stopped yelling and started listening before accusing him, Jake stopped lying."

**Substitute truth.** The best way to eliminate a bad habit it is to replace it with a good one. Karen explained, "By the time Abigail was nine, she had a habit of fibbing.

Before punishing her for lying, I started giving her a chance to take it back. If I

suspected she was lying, I waited a moment and asked, 'Would you like to take that back?' If she did, there was no punishment for lying. After a while, she stopped lying at all."

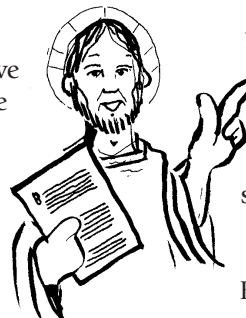
**Model honesty.** Hearing a parent lie can convince a child that lying is okay, even when told otherwise. Lisa said, "A friend used to call often to complain about her soon-to-be ex-husband. I didn't want to hear it but I didn't want to hurt her feelings, so I made excuses for why I couldn't talk or get together. Once when I was scolding Tessa for lying, she said, 'You lie to Miss Julie a lot. Shouldn't you get punished, too?'"



## Why Do Catholics Do That ?

## What is Sacred Tradition?

Sacred Tradition refers to beliefs and practices that have been handed down from the Apostles to following generations under the teaching authority of the Catholic Church. "Therefore, brothers, stand firm and hold fast to the traditions that you



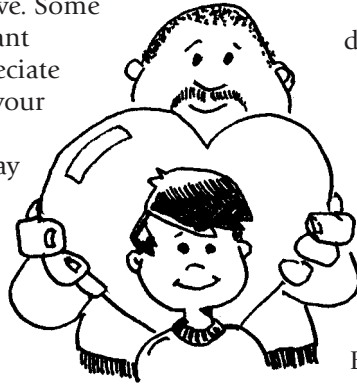
were taught, either by an oral statement or by a letter of ours" (2 Thessalonians 2:15).

Sacred Tradition and Sacred Scripture together form the sacred deposit of the Word of God, which is committed to the Church under the guidance of the Holy Spirit.

## How do you say, "I love you?"

Each child has a different language of love. Some children want to hear the words, others want signs of love, and still other children appreciate loving actions. Use these ideas to expand your vocabulary of love:

**Quality time:** Spend a little time each day playing just with your child. Cook something together. Talk in the car on the way to somewhere instead of listening to music or chatting on the phone. Before bedtime, chat about what's going on in your child's life, judgment free.



**Affirming words:** Compliment your child's dress or appearance. Put an encouraging note in his lunch. Send a card in the mail. Use magnetic letters to put loving messages on the refrigerator.

**Loving gestures:** Give hugs or pats on the back freely. Sit close together when watching TV. Give him a back rub or just touch his shoulder when you walk past.

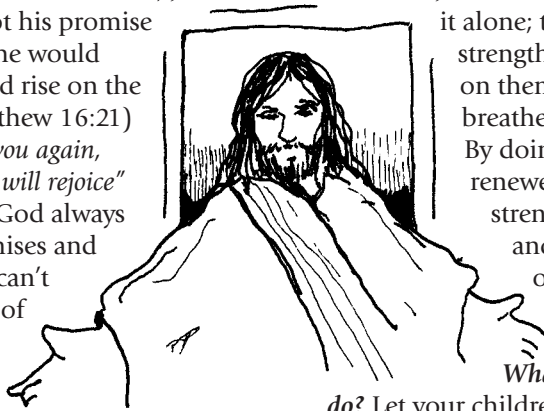
**Acts of service:** Serve your child's favorite meal for dinner. Do one of her chores for her. Bring him a blanket while he's watching TV.

### Scripture LESSON

#### John 20:19-23, Jesus opens doors.

In the panic after his death, Jesus' followers forgot his promise that although he would suffer, he would rise on the third day (Matthew 16:21) and "I will see you again, and your hearts will rejoice" (John 16:22). God always keeps his promises and a locked door can't keep Jesus out of our hearts.

Still, the disciples were shocked to see Jesus appear to them in a locked room. Jesus wanted them to be witnesses to his resurrection. But he also came to commission them to carry on the work he started.



Jesus knew they couldn't do it alone; they needed strength. So he breathed on them just as God breathed life into Adam. By doing so, Jesus renewed his disciples, strengthened them, and gave them a new outlook so they could continue his mission.

**What can a parent do?** Let your children know that they, too, have been chosen to do God's work. When we are baptized, Jesus commissions each of us to spread the word of God's love and the hope of salvation.

### Parent TALK

So far, Noah's toughest choices have been which friend to invite over or what birthday present to ask for.

His real challenge came when my niece's Confirmation was scheduled

during the same weekend as a Cub Scout event he hoped to attend.

Celebrating the Sacraments with family has always come first, but Noah was distraught. I knew that the Cub Scout event was a big deal to him, so I told him that I would let him make the choice.

Night after night he lay in bed trying to figure out which "once in a lifetime" event he should attend. "What should I do?" he asked. "It's too hard to choose!" I told him that prayer is the best way to find answers and make peace with your choices.

Finally, he chose to attend the Confirmation and was glad he did. Clearly the Holy Spirit touched him as well.

### Feasts & Celebrations

In May we honor the Blessed Virgin Mary. Three ways to grow closer to her include praying to her, honoring her feast days, and praising her to others.

**May 2 - St. Athanasius (373).** Born a Christian in Egypt, St. Athanasius became a priest and defender of the Catholic faith. The victim of terrible persecution of the Church, he was exiled six times.

**May 10 - Blessed Damien of Molokai (1889).** Born in Belgium, Joseph de Veuster became Father Damien at the age of 19. He

ministered to lepers on the Hawaiian island of Molokai for whom he built roads, water systems, and churches. He died of the disease after serving there for sixteen years.

**May 25 - Pope St. Gregory, VII (1085).** He battled three evils that plagued the Church: simony (buying and selling sacred offices and services), unlawful marriage of the clergy and kings and nobles virtually appointing Church officials. For this he suffered and died in exile. His efforts were deemed successful after his death.



### Our Mission

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