Partners *in* FAITH™

Helping our children grow in their Catholic faith. February 2021

St. Anthony Religious Education

Thoughtful Moments

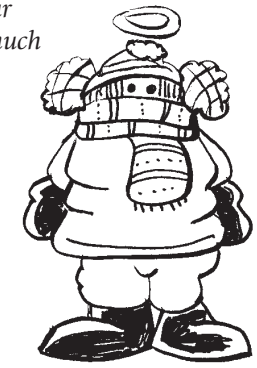
Pray for friends

In his Gospel, St. Mark tells a story of a paralyzed man whose friends showed great determination to bring his needs before Jesus. The house in which Jesus was speaking was too crowded for their friend, so they lowered him through a hole they made in the roof (Mark 2:1-12). In response, Jesus changed the man's life. Amazing things can happen when we place our friends' needs before Jesus.

Just ask

Jesus tells us to ask God for what we need and to be persistent until we hear from Him. Don't worry about pestering God. Think of how eager we parents are to help our children—especially if they are struggling. It's the same with God – our perfect Father – who never tires of helping us.

"If you then…know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him" (Matthew 7:11).

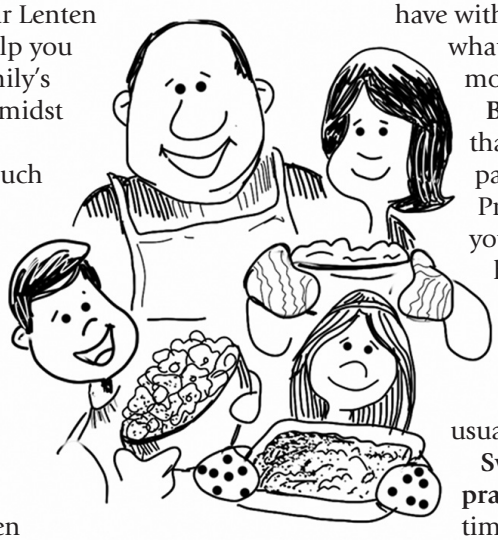


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Observe a fruitful pandemic Lent

Once again, Lent will look different for many families. One goal of the season is to eliminate distractions and turn our hearts back to God. A few adjustments to your Lenten observance may help you transform your family's hearts, even in the midst of a pandemic.

Offer it up. So much of what we are experiencing in the pandemic is sacrificial. Use visual aids to help children offer deprivation or sacrifices to God's purposes. For example, place a jar on your kitchen counter and encourage everyone to place a jelly bean in it each time they suffer a deprivation – a canceled sport season, a missed gathering, a scaled-down birthday celebration. Celebrate by eating the candy at Easter.



Practice gratitude. Gratitude helps to keep everything in perspective. Stay aware of the pleasant moments you have with your family and do what you can to create more of them.

Be flexible. Accept that the landscape in a pandemic is different. Prioritize your family, your health and the health of your loved ones. Try not to hold onto specific ideas for accomplishing your usual activities.

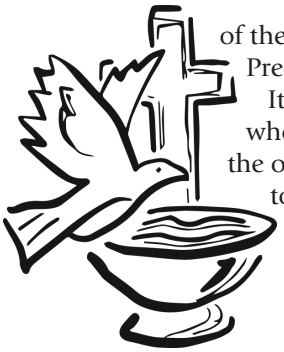
Swap screen time for prayer time. Spending time watching or reading bad news or scrolling through social media sites filled with negativity creates stress. Turn to God in family prayer and rest in His presence in your lives.

Why Do Catholics Do That?

Why do Catholics believe Christ is in the Precious Blood and the Host?

Once the bread and wine has been consecrated during Mass, Jesus Christ is wholly present under the appearance either of bread or of wine in the Eucharist.

In fact, Christ is wholly present in any fragment of the Host or in any drop of the Precious Blood.

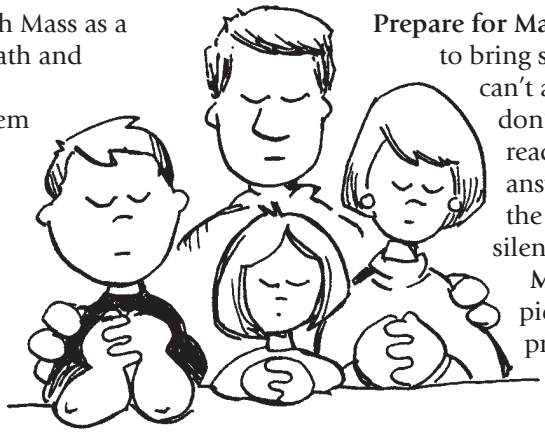


It is possible to receive the whole Christ in just one form or the other. However, it is most fitting to receive Christ in both forms during the celebration of the Eucharist.

Give your family the gift of "Little Easter"

Every Sunday is a "Little Easter," with Mass as a celebration of Christ's victory over death and sin. Many Catholic families find that strengthening Sunday habits bring them closer together and closer to God. Try these ideas:

Family forgiveness: On Friday or Saturday night, gather together and ask each other for forgiveness for offenses committed against one another. Then, if you feel comfortable, go to Confession as a family as often as you can.



Prepare for Mass: Participating in Mass is critical to bring strength to a Catholic family. If you can't attend in person, watch it together, but don't miss it. Before beginning, go over the readings you will hear at Mass so you can answer questions ahead of time. Spending the time waiting for Mass to begin in silence leaves time for prayer and reflection.

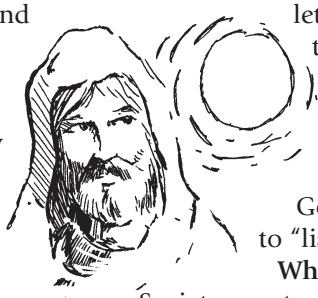
Mass intentions: Ask each person to pick someone for whom the family can pray during Mass. Write each name on a list and offer a family prayer for these intentions after Communion.

Scripture LESSON

Mark 9:2-10, The test of the Transformation

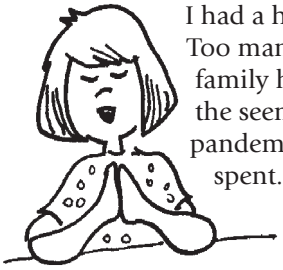
When Jesus met with Elijah and Moses on the mountaintop, they talked about the journey Jesus was going to make to Jerusalem and the Cross. Perhaps the holy men were offering support and comfort, and Jesus probably felt strengthened by the meeting.

Certainly he was bolstered by hearing the voice from Heaven. Still, he had a difficult road ahead and he realized that despite all of his efforts, some would refuse to listen and would be lost. But God knew that the desire to follow Jesus comes from confidence about who he is. If we believe Jesus is God's Son then we will want to do what he says. So he let the disciples witness the amazing meeting on the mountaintop, and he let them hear the heavenly voice proclaim Jesus as God's son and instruct us to "listen to him."



What can a parent do? Society may try to tell us what is right, but Jesus' words are our final authority. Help youngsters test everything they hear against Jesus' words in the Bible and they will not be led astray.

Parent TALK



I had a hard time praying. Too many friends and family have been lost to the seemingly endless pandemic and I was spent. I was juggling working at home with supervising online schooling. My husband lost his job for the second time in three years and we had used up our savings the first time. It felt like God was far away. He wasn't listening.

A few nights later I overheard our ten-year old saying her prayers asking God for help. She ended with, "Thanks for listening. Amen." Then she went to sleep. Standing outside her room, I realized that Tessa didn't tell God what to do. She asked for help, trusted that it would come, and left it to God.

I prayed for the first time in weeks and ended with, "Thanks for listening. Amen." I realized God is always listening. I was the one who had stopped talking.

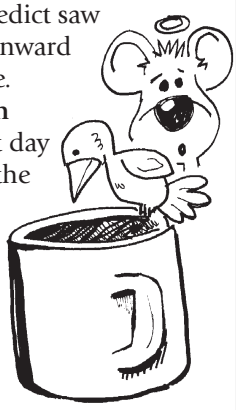
Feasts & Celebrations

February 2 – The Presentation of the Lord. In accordance with the Law of Moses, Mary and Joseph brought Jesus to the temple to make the required offering forty days after his birth. They were faithful observers of the law of the Lord.

February 3 – St. Blaise (316). Bishop of Sebaste, he was martyred for refusing to renounce his Catholic faith. Priests usually bless throats on this day because St. Blaise, reportedly a physician, healed many ailments of the throat.

February 10 – St. Scholastica (543). Twin sister of St. Benedict, St. Scholastica founded a Benedictine community for women five miles from her brother's monastery. The twins visited each other each year and Scholastica died three days after their last meeting. St. Benedict saw her soul rising heavenward in the form of a dove.

February 17 — Ash Wednesday. The first day of Lent. Ashes from the burnt palms of the previous Passion Sunday are blessed and placed on the foreheads as a sign of penance.



Our Mission

To help parents raise faithful Catholic children
Success Publishing & Media, LLC
Publishers of *Growing in Faith*™ and *Partners in Faith*™
(540)662-7844 (540) 662-7847 fax
www.partnersinfaith.com
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