



Helping our children grow in their Catholic faith.

April 2019

Saint Brigid Parish

San Diego, California

Thoughtful Moments

St. Isidore of Seville

St. Isidore was educated by his older brother, St. Leander, the future Bishop of Seville. Isidore found his studies so challenging, he ran away from home! Yet, he went on to become the last of the ancient Christian philosophers, writing treatises on various topics. As bishop, he converted the invading Visigoths and reunified Spain by improving its education system. He also led two Church councils. At his death, he donated all his possessions to the poor.



Gossip

Teach children the harmful nature of gossip. Gossip is making mean comments about others, spreading stories you're not sure are true, or repeating information you have been asked to keep private. No one has a right to know someone else's business. If in doubt, don't let it out.



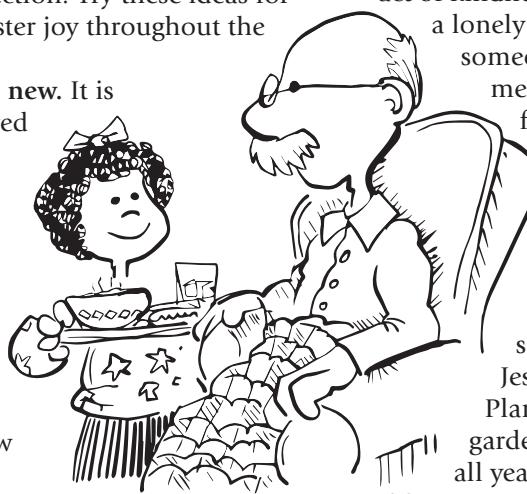
"For this very reason make every effort to supplement your faith with virtue, and virtue with knowledge..." (2 Peter 1:5).

Spread Easter joy throughout the year

Catholics don't just celebrate Easter once a year. Every Sunday we celebrate Jesus' Resurrection. Try these ideas for spreading Easter joy throughout the year.

Something new. It is a time-honored tradition to have something new to wear to church on Easter Sunday - a hat, dress, slacks, or shirt. The new clothing represents the new life Jesus won for us that first Easter. Whatever special clothing you each wear this Easter Sunday, consider saving it to wear only for Mass throughout the year.

Bring Jesus on the road. Jesus revealed himself to his disciples on the



road to Emmaus after his Resurrection. Take Jesus on the road and perform an act of kindness every Sunday. Visit a lonely relative, perform someone else's chore, take a meal to someone hungry for food or attention. That's how we reveal Jesus to others.

Among the living. In Luke 24, the angels asked the women why they searched for the living Jesus among the dead. Plant an indoor Easter garden that you can tend all year. Note new leaves, blossoms, or shoots when they appear, and remember that Easter brings us new life.

Celebrate Easter every week. The Mass is where we can meet Jesus and receive the new life he wants to give us. Don't miss a chance to celebrate Easter every week.

Why Do Catholics Do That?

It used to be that people received Communion kneeling before the altar. Today, in the United States, people generally receive Communion standing, but if they do so, some sign of reverence is strongly recommended (General

Why do some Catholics bow or genuflect before receiving Communion?



Instruction of the Roman Missal, #160). Some people still choose to genuflect out of reverence and gratitude for the gift they are about to receive: the Body and Blood of Christ, hidden under the appearances of bread and wine (*Catechism of the Catholic Church*, #1380).

Getting away with sin doesn't work for long

Have you ever known someone who always seems to get away with breaking rules? That can make sin look attractive. Yet, as followers of Jesus, we know that getting away with sin on Earth isn't desirable. Teach children the importance of virtue for the sake of goodness by telling the story of Susanna.

In the book of Daniel, poor Susanna had a dilemma. Two older respected men of her community cornered her while she was bathing and demanded that she sin with them. They were



in private, and no one need ever know. If she didn't, they promised to falsely accuse her of crimes for which she would die.

As much as she feared the men, Susanna feared God even more. *"If I yield, it will be my death; if I refuse, I cannot escape your power. Yet it is better for me to fall into your power without guilt than to sin before the Lord"* (Daniel 22:23). In the end, God sent Daniel to save her.

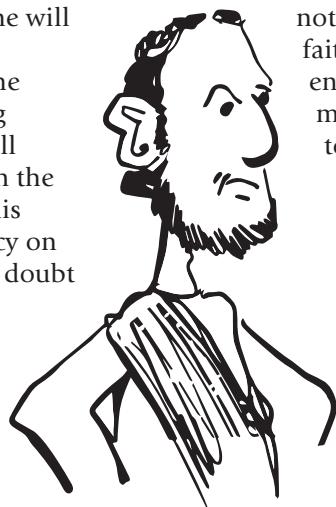
Those who follow God always get rewarded in the end.

Scripture LESSON

From Scripture: John 20:19-31, Doubting Thomas.

Poor Thomas! A faithful friend and an energetic evangelist, he will always be known as "the Doubter." Even though he witnessed Jesus' amazing miracles firsthand, he still needed help to believe in the Resurrection. Knowing his difficulty, Jesus had mercy on St. Thomas' very human doubt and appeared to him. He invited him to do whatever was needed to become convinced.

St. Thomas doubted, but accepted the Truth when it found him. From his story, we learn



that doubts and questions are not necessarily enemies to faith. A "healthy" doubt encourages us to learn more about our faith, not to walk away from it.

What can a parent do?
Tell children that God isn't upset by our questions or doubts, especially the doubt that says, "I'm struggling, please help me." When we struggle with our faith, it's a chance to draw closer to God and go deeper into the Faith.

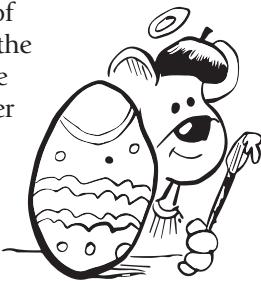
Feasts & Celebrations

April 2 – St. Francis of Paola (1507): St. Francis founded the Minim Friars who lived an ascetic life. Known as a miracle-worker, he also had the gift of prophecy. Upon request, he visited the dying King Louis XI of France. He gave the king much needed comfort, so Louis' son, Charles, built St. Francis a monastery at Plessis, where he lived until his death.

April 23 – St. Adalbert of Prague (997): St. Adalbert was made bishop of Prague, but his conversion efforts made him enemies and he was forced to leave

for Rome. He was later invited by the Duke of Poland to evangelize Pomerania and Hungary, and was martyred.

April 28 – Divine Mercy Sunday. In 1931, Jesus appeared to St. Faustina and asked that the Sunday after Easter become the "Feast of Mercy." Jesus promised that anyone who honors him as the King of Mercy and prays the Chaplet of Divine Mercy – the prayer he gave St. Faustina – would receive special graces and great mercy.



Parent TALK

My oldest daughter recently celebrated her birthday. Her only request was to be able to take her friends bowling. But – unbelievable as it may seem for a ten-year-old – she didn't want presents. On the bottom of the invitations, she wrote "Your presence will be my present. Instead, please bring food for the Knights of Columbus soup kitchen," where we volunteer each month.

Ten girls spent the afternoon giggling, bowling, and enthusiastically eating birthday cupcakes. When it came time to go, we found that there were so many cans of food, we could barely pack them all into my car. When Emma opened her birthday cards, several of them held checks. In all, her friends donated close to \$400 in Emma's honor.

I don't know which pleased me more, Emma's generosity in thinking of the poor on her birthday, or the wonderful and generous girls she has chosen as friends.

Our Mission

To help parents raise faithful Catholic children
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