

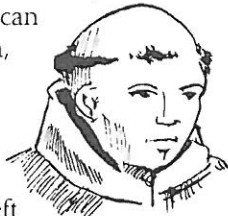
St. Michael the Archangel Catholic Parish  
Pam Riordan, Coordinator of Religious Education



## Thoughtful Moments

### Blessed Junípero Serra, O.F.M.

The Year of Faith saint for September is Blessed Junípero Serra. A famous Franciscan preacher in Spain, Blessed Junípero suddenly began to yearn for the life of a missionary. He left everything behind and set sail for Vera Cruz, Mexico and walked 250 miles to Mexico City. He founded 21 missions and taught the Native Americans many trades, from farming to crafting. He also established the foundation for protections for the Native Americans and brought them the gift of faith.



### 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 I



## Teaching mercy to children

Pope Francis recently said, "Jesus' attitude is striking: we do not hear the words of scorn, we do not hear words of condemnation, but only words of love, of mercy ..." As followers of Jesus, we want our children to speak and live with love and mercy. One way to do this is to teach children compassion. Try these ideas:

**Exercise patience with your children.**

Compassion and mercy are learned behaviors. Being a loving, patient parent and modeling those qualities will go a long way toward raising kind, compassionate adults.

**Reduce exposure to violence in games, television shows, and movies.** Credible studies show that exposure to violence increases aggressive behavior.

Discourage exposure to violent entertainment. Instead, remind children that hurting and humiliating others isn't ever cool, funny, or interesting.

**Coach children to notice people's facial expressions.** This is the first step in learning how to understand another's perspective.



**Practice "The 180."**

When your child is angry with a friend or classmate, help him think of all the reasons why she might have done the offending action. It

doesn't excuse the behavior but it makes forgiveness easier.

**Love unconditionally.** A child who has never felt accepted or unconditionally loved by her family can be so preoccupied by her own needs that she is deaf to the cries of others in need.

## Why Do Catholics Do That?

Eucharistic Benediction or Benediction of the Blessed Sacrament is a liturgical service during which the Blessed Sacrament is exposed in a receptacle, such as a monstrance, on the altar. It is a practice that fosters a deeper spiritual

## What is Eucharistic Benediction?



communion with our Lord.

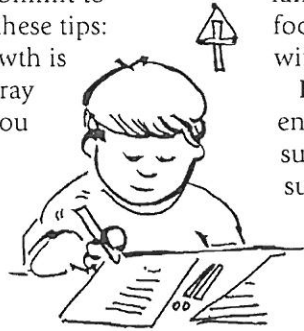
Eucharistic Benediction reminds us of the mystery of the Eucharist – that Jesus is truly present, body and blood, soul and divinity, in the Blessed Sacrament. It offers us an opportunity to "keep watch with me" (Matthew 26:38).

## Tips for academic and spiritual growth this school year

A new school year is an opportune time to recommit to your child's academic and spiritual growth. Try these tips:

**Pray through the day.** The key to spiritual growth is prayer. Make prayer central to your family life. Pray together before the school bus comes or when you are in the car on the way. Pray before meals and bedtime. And ask your children what they would like you to pray for. That lets them know you will be thinking and praying for them during the day.

**Family meal.** 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.** Give youngsters a quiet environment in which to do homework, the supplies necessary to do the job, support and supervision. Treat religious education homework with the importance of any core subject.

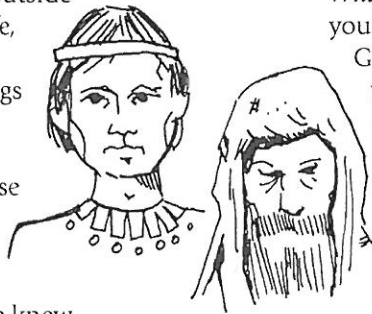
**Share the love.** As often as you can, tell children how much you love them and be generous with hugs and kisses.

### Scripture LESSON

**Luke 16:19-31,  
Live our faith or else ...**

This is the story of a rich man who enjoys his life on earth, and a beggar who suffers, ignored, outside his door. In the afterlife, it is the rich man who suffers torment and begs for relief.

The rich man was condemned not because he had wealth, but because he had become blind to the suffering of others. He knew what Scripture and the prophets said about what God expected of him, but he didn't do what they said. When we



live our faith, we transform our prayers into deeds of love.

*What can a parent do?* Help your children learn what God expects of them. Put your family Bible in a conspicuous spot in your home, one that will remind you to read it together each day.

Then talk about putting what you learn into action. Teach your

children that the key to learning God's language of love can be found in the Bible.

### Parent TALK

Ryan was new to the school and she must have missed her old school and friends a lot. Tessa said she cried the first

few days of second grade and the other girls made fun of her during recess. That upset Tessa and 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 explained that I had moved when I was Tessa's age and told her how it felt.

Then I asked Tessa for ideas of 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 would 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.

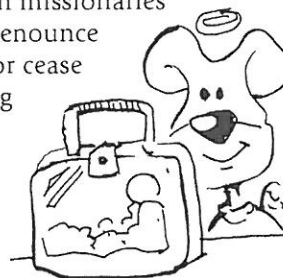
### Feasts & Celebrations

**Sept. 9 – St. Peter Claver (1654).** A young Jesuit in Colombia in 1610, St. Peter Claver was horrified by the slave trade. He hurried down to each arriving slave ship and brought water, medicine, food, and clothing to its inmates. He taught them about God and baptized nearly 300,000 slaves.

**Sept. 19 – St. Januarius (304).** Bishop of Benevento, Italy, during a time of great persecution, Januarius visited Christians in prison and was arrested himself. He and his companions were thrown to wild beasts in the amphitheater but were not harmed by the animals. They

were later beheaded.

**Sept. 20 – St. Andrew Kim Taegon, St. Paul Chong Hasang and companions (1839 to 1867).** That Catholicism exists in Korea is due to the courage of these saints. Spreading the Gospel was difficult because almost all contact with the outside world was forbidden. Andrew and Paul, 98 Koreans and three French missionaries refused to renounce their faith or cease evangelizing and were martyred between 1839 and 1867.



### Our Mission

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