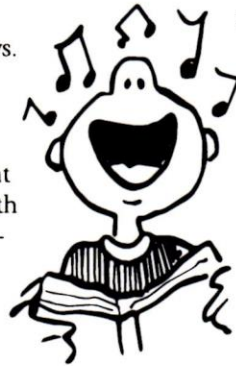


Minimize holiday stress

As we emerge from the pandemic, we may feel pressure to return to "normal" during the holidays. Yet, taking on too much can lead to stress and burnout. Try these strategies to savor joyful family moments.

Avoid multi-tasking. A busy pace during Advent will keep us from enjoying precious moments with our children. When involved in a family activity – baking cookies, stringing popcorn, wrapping gifts, singing carols – turn off phones and screens, and focus on the moment.

Make a family holiday calendar. Make or buy



a wall calendar dating from Thanksgiving through the first week of the New Year. Hang it in a high traffic area. List all invitations, announcements, and other events you will attend as a family. Watch for and eliminate overscheduling.

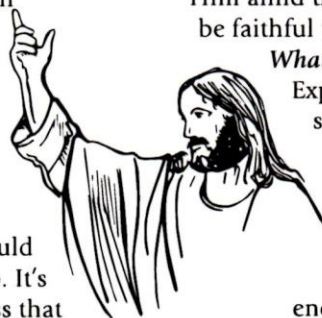
Steal away. Take a few moments to visit with Jesus during the season. Attend extra Masses, steal away to pray before Him in the Blessed Sacrament in church. The peace you receive from being in the Real Presence will keep you going through a busy time.

Scripture LESSON

Luke 21:25-28, 34-36, Do not fear, but prepare!

In this Scripture passage, Jesus tells His listeners that His return at the end of time will be accompanied by catastrophic events. If we are faithful to Him, we have nothing to fear. Still, we should be prepared.

First, when the signs happen, Jesus said we should stand straight and look up. It's when things seem hopeless that God, the source of hope, draws closest to us. We will be strengthened by hope, because "salvation is at hand" (21:28). Second, He tells us to be alert for His coming. Lastly, Jesus tells us to



pray for the grace to be faithful to Him amid the tribulations – to be faithful to Him to the end.

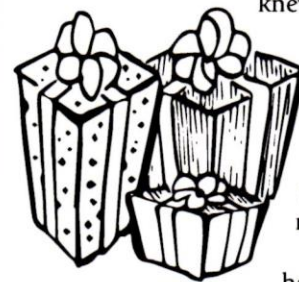
What can a parent do?

Explain to children that sometimes life can be hard and bring challenges. This is when we can lean on God for strength, hope, and encouragement.

Encourage them to ask God for help with whatever is on their mind, even if it's little. God truly does know what is best for us and will always take care of us.

Parent TALK

Mom was tight with money when I was young. When I asked for the latest toys or cool clothes, she usually said, "We don't have money for that." I



knew we weren't poor; I figured she just didn't want to spend money on me.

Instead, I have showered my children with gifts – they get things before they know they want them. A few years ago, we were packing for a move and I saw boxes of unopened games and clothing with price tags still on them in Kara's closet. She said, "Mom, I don't want to hurt your feelings but I don't need all this stuff." So rather than move it, we gave it away.

Now I buy three gifts that the kids really want for Christmas and birthdays, and only what they need in between. They value what I give, and I realize my mother really did know best.

Feasts & Celebrations

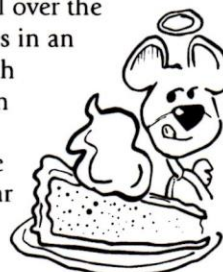
November 14 – St. Lawrence O'Toole (1180). As archbishop of Dublin, he was known for his role as a mediator and peacekeeper in English-Irish relations and for his charity to the poor.

November 15 - St. Albert the Great (1280). Born in Germany, St. Albert joined the Dominican Order against the wishes of his family. He is called the Father of Natural Sciences and mentored St. Thomas Aquinas.

November 17 – St. Elizabeth of Hungary (1231). The daughter of the

King of Hungary, she was only married for just six years. She joined the Secular Franciscan Order after her beloved husband's death and spent the last years of her life caring for the poor. She is the patron of Catholic charities.

November 28 - First Sunday of Advent. During this four-week season, we anticipate the Messiah's birth. Catholics all over the world light candles in an Advent wreath each night of the season to signal the coming of the true light of Christ. Year C begins.



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
<http://www.partnersinfaith.com>
(Unless noted Bible quotes and references are from the Revised Standard Version and the New American Bible.)

© Copyright 2021 Success Publishing & Media, LLC