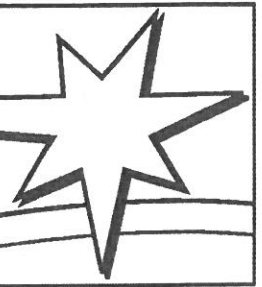


Partners in FAITH™



Helping our children grow in their Catholic faith.

February 2024

Our Lady of the Snows Church
Regina Moreno, Pastoral Associate



Thoughtful Moments

St. Josephine Bakhita

St. Josephine Bakhita was a young girl in Darfur, Sudan when she was captured and sold into slavery. Despite serving under cruel masters for many years, she remained sweet and kind. Eventually, the Michielis, who treated her very kindly, bought her. While in Italy, they introduced her to the Canossian Sisters of Charity. She joined in 1893. She spent the rest of her time there as a cook and sacristan. She also helped to prepare young sisters.



Unconditional love

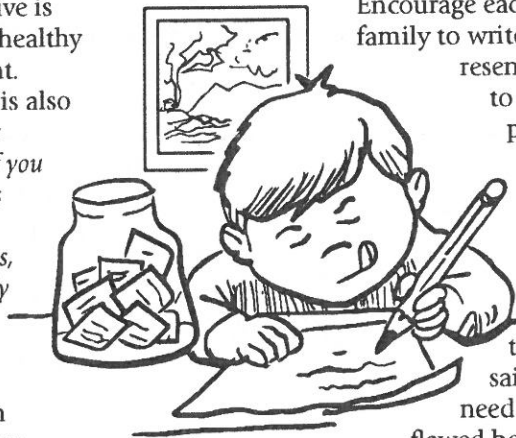
Children learn about God's love by experiencing love from their parents. Children who feel unconditionally loved by their parents are less likely to fear failure or judgment and more likely to look at their parents as advocates rather than adversaries. They are also more likely to be open to a relationship with a loving God as Father.

"A wise son hears his father's instruction, but a scoffer does not listen to rebuke"
(Proverbs 13:1).



Forgiveness leads to holiness

In family life, conflict may be commonplace as children learn to navigate relationships but learning how to forgive is essential to healthy development. Forgiveness is also essential for holiness. *"If you forgive others their transgressions, your heavenly Father will forgive you"* (Matthew 6:14). Teach children how:



Say the words. Encourage children to say, "I'm sorry," "I was wrong," when they have hurt someone. Asking for forgiveness starts the process of recognizing when they have transgressed and understanding that amends must be made. When someone says the words, immediately offer forgiveness by saying, "I forgive you."

Release grudges. Old resentments keep us from fully experiencing God's love and forgiveness. Encourage each member of the family to write at least one grudge or

resentment they are ready to let go of on a piece of paper and put it into a "grudge jar." Then, take out all the grudges, rip them up, and move on.

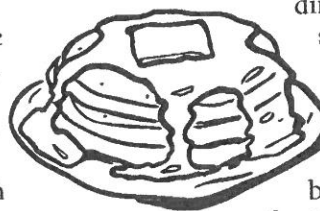
Practice humility. Humility reminds us that we're saints-in-progress who need God's mercy. We are flawed beings who make mistakes that require God's forgiveness. Offering mercy to others in recognition of this need is an act of both humility and hope.

Pray for each other. Praying together as a family opens us up to much-needed graces. Plus, it's hard to stay mad at someone for whom you pray!

Why Do Catholics Do That ?

Why do Catholics serve pancakes on Fat Tuesday (Mardi Gras)?

In the early Church, it was customary to give up rich foods and meat during the penitential season of Lent. This included milk, eggs, butter, cheese, and fat. On the Tuesday before Lent began, families would rush to empty the pantry of the



forbidden foods by enjoying a dinner of pancakes (or in some places, fried doughnuts). In several countries, it is even called "Pancake Tuesday." It was meant to be one final celebration of feasting before the Lenten fast.