

Thoughtful Moments

St. Teresa of Ávila

Teresa Sánchez de Cepeda y Ahumada joined the Carmelites in 1535, but struggled so much with balancing sanctity and worldliness that she became quite ill. The sisters even dug her grave. After recovering, she wrote *The Interior Castle*, inspired by her suffering and enlightenment. In 1562, she founded a stricter order, where nuns wore rough brown habits and sandals, and went on to establish over 17 Discalced Carmelite convents, helping reform the Carmelite friars.



He loves us forever

Parents promise their little ones, "I'll love you forever." Jesus instituted the Eucharist with a "forever" love (John 13:1). At Mass, He promises each of us, "I love you forever."

"You cannot consider our Savior in an action more full of love or more tender than this... [He] changes himself into food, so that he may ... unite himself most intimately to the heart and body of his faithful." St. Francis de Sales



Live the Little Way of St. Thérèse this month

St. Thérèse of Lisieux (October 1) discovered that even the smallest acts, when done with great love, bring joy to God and help us grow in holiness — even something as simple as picking up a thread from the ground. This month, consider encouraging children to "pick up" any of these small, loving threads together.

Rise and shine. When your alarm goes off, rise up immediately with purpose and offer your day to God.

Honor His name. Whenever you hear the name of God or Jesus, bow your head in respect. Let it be a simple reminder of His presence in your life.

Be a thoughtful listener. Resist the urge to interrupt when someone's

speaking, and show you're fully engaged by making eye contact.

Your attentiveness can be a quiet act of love.

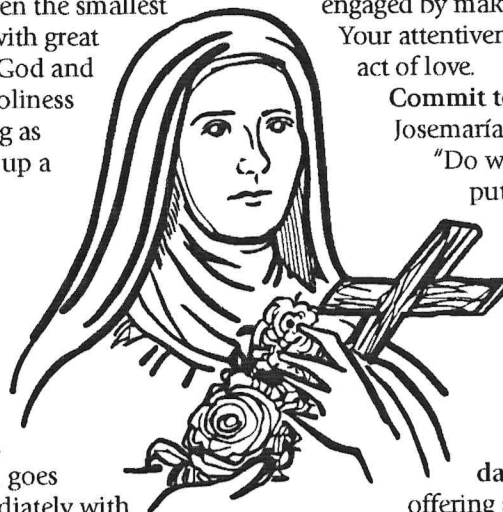
Commit to what you do. St. Josemaría Escrivá said it best, "Do what you ought, and put yourself into what you are doing."

Whether it's a big task or a small one, give it your full attention and effort.

Spread kindness daily. Start small, like offering someone else the

best piece of a treat before taking one for yourself.

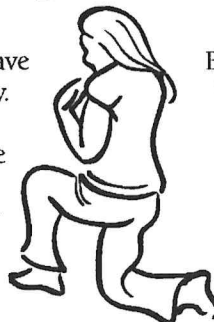
Embrace gratitude. Thank God each day for what you have, even when life feels difficult. Gratitude, even in hard times, is a courageous and beautiful act of love.



Why Do Catholics Do That ?

Why do Catholics genuflect in church?

Most Catholic churches have a tabernacle in the sanctuary. The tabernacle contains consecrated hosts for people in the hospital or nursing homes, and those in danger of death. Therefore, Jesus is present in the sanctuary —

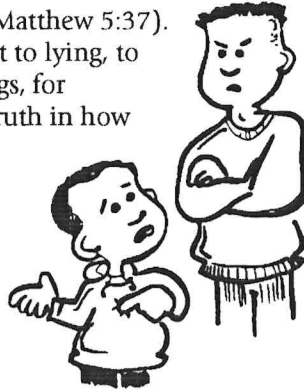


Body, Blood, Soul and Divinity. When we cross in front of the tabernacle or enter a pew, we honor Christ's presence by genuflecting on the right knee or making a deep bow. We use the right knee because that is considered the side of honor.

Help children live in the truth

"Let your yes mean yes and your no mean no" (Matthew 5:37). There are common reasons why children resort to lying, to get out of trouble or to spare someone's feelings, for example. However, Christians commit to the truth in how we speak and live. Form a habit of integrity in children by rewarding honesty, removing temptations to lie, and helping to handle sticky situations head-on.

Encourage honesty. Make a point to reward honesty. Let children know that being honest will lead to fewer consequences. Then, ensure that any consequences



are fair and appropriate.

Make lying unnecessary. Parents often know the answer before we ask. Rather than asking, "Did you take the \$5?", say, "Please return the missing \$5." This eliminates the opportunity for lying, demonstrating that honesty is always the better option.

Handle sticky situations. Help children learn to manage situations that may tempt them to lie. Teach them that it's okay to make mistakes and that they can ask for help rather than lie to cover up.

Scripture LESSON

Mark 10:46-52, a blind man shows the way

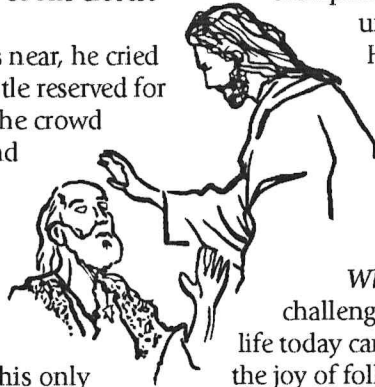
Bartimaeus, a blind beggar, saw Jesus more clearly than many of His closest followers.

Hearing that Jesus was near, he cried out, "Son of David," a title reserved for the Messiah. Although the crowd tried to silence him – and even the disciples tried to discourage him – Bartimaeus persisted, and his determination caught Jesus' attention. In a bold act of faith, Bartimaeus threw aside his only possession, his cloak, and hurried to Jesus, trusting completely that his prayer would be answered.

As the only person in Mark's Gospel to

call Jesus "Master," Bartimaeus exemplified humility and unwavering confidence. His story shows that true faith requires persistence, trust, and the willingness to leave everything behind to follow Christ.

What can a parent do? The challenges of living a Christian life today can sometimes blind us to the joy of following Jesus. Instead, encourage children to approach Christ with the same excitement and confidence as Bartimaeus. There is so much joy in a friendship with Him!



Parent TALK

Getting Kara to complete homework independently was a battle. She took forever and if I didn't sit with her, the work was messy,



incomplete, and mostly incorrect. More importantly, Kara wasn't doing her best work and she didn't care.

So, we changed tactics. We created a "homework zone" at the kitchen table with all necessary supplies. We started with prayer, and I worked on my laptop or made dinner while she tackled her homework. I was available but not involved. She could ask for help if she got stuck, and took short breaks between tasks. After dinner, we checked her work. Whatever was messy, or unacceptable was redone.

Each night that she completed homework well the first time, Kara got extra play time before bed. After a full week without having to redo any assignments, we went out for ice-cream to celebrate her excellent work and a peaceful home.

Feasts & Celebrations

October 7 – Our Lady of the Rosary. Pope Gregory XIII named this feast because it was believed that Christians won a critical victory at the Battle of Lepanto after praying the Rosary.

October 17 – St. Ignatius of Antioch (c. 107). While he was Bishop of Antioch, Ignatius was sentenced to death for his faith. On route to Rome, he wrote letters, encouraging his fellow Christians to remain faithful.

October 22 – Pope St. John Paul II (2005). Karol Wojtyla lost his parents and brother before turning 21. He was

ordained in 1946. In 1978, Karol became Pope John Paul II. During his twenty-seven-year papacy, he wrote 14 encyclicals, five books, canonized 482 saints, beatified 1,338 people, and visited 124 countries.

October 28 – Saints Simon and Jude (1st century). St. Simon was a Zealot – Jews who believed the Messiah would free them from political oppression. St. Jude was a fisherman. After following Jesus, they eventually traveled to Persia where they preached the Gospel until they were martyred.



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