

RAISING FAITH-FILLED KIDS

a parent page

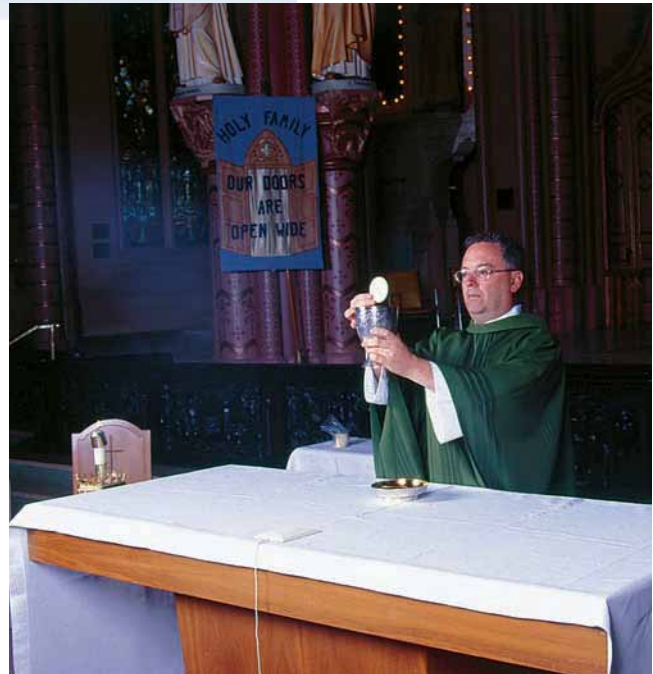
Focus on Faith

“I Am the Bread of Life”

A priest, giving instruction to a young woman about the faith, explained that Catholics believe that the Eucharist is the Body and Blood of Jesus Christ. The woman said, “You believe that? Why, that’s ridiculous!” Then she left the session. The priest commented that although she did not believe the teaching, she understood what Jesus meant when he said, “I am the bread of life.” In the Eucharist, Jesus Christ offers himself as our food to bring us to eternal life.

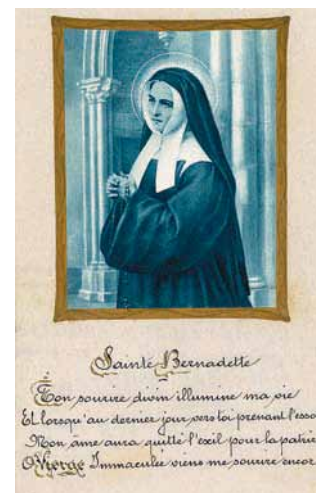
Dinnertime Conversation Starter

Share with your child your memories of your First Communion.



Our Catholic Heritage

The Church’s liturgical calendar lists the feast days of saints. A feast day is the day set aside in the liturgy to honor the life of a saint. This day is almost always the day on which the saint died, since this is considered the saint’s “birthday” into heaven. For example, April 16 is the feast of Saint Bernadette of Lourdes, who died on that day.



Hints for at Home

Do activities at home to celebrate the liturgical year and keep awareness of Jesus’ presence in your lives and home. For example, in your home hang a calendar that highlights religious feasts. Other ideas are to have an Advent calendar or a wreath for Advent, a crucifix displayed for Lent, a container into which you put savings for the people during Lent, and a picture of the risen Jesus for Easter.

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Focus on Prayer

Your child has reflected on the story of Jesus’ feeding the crowd with loaves and fishes (John 6:1–15, 34–35). Read the story together and then spend a few minutes thinking about Jesus’ continuing presence in the Eucharist and its central importance in our lives as Christians.