

RAISING FAITH-FILLED KIDS

a parent page



Julian of Norwich holding a tiny nut in her hand

Focus on Faith

God Holds Us Tenderly

Julian of Norwich, who died about 1423, was an English woman who lived alone so that she could pray for the world. In her book *Showings* Julian tells of the vision she received of how much God loves the world. Julian held a tiny hazelnut in her hand, and God asked her to imagine that the tiny hazelnut was the size of the universe. As she held that tiny nut tenderly in her hands, God asked her to imagine how tenderly he holds the whole universe in his. This is the tenderness we experienced holding our children as infants. It is the same tenderness we feel when we see our children's enthusiasm and joy at discovering something new. Each day we have new opportunities to share in the infinite tenderness of God. What opportunity do we have today?

Our Catholic Heritage

The book of Genesis in the Bible contains two stories of God's creation of the universe and all the creatures in it. The Church does not interpret these stories literally, as scientific fact, however. These stories teach the essential truth that God created everything and tell us that it is very good.



Dinnertime Conversation Starter

Share the experience you had the first time you held a small animal. What were the experiences of the other family members?

Hints for at Home

Look through family pictures. Find pictures that illustrate one of these themes: The Beauty of God's Creation or How We Love and Care for One Another. Work with your child to put several of the pictures on a piece of colored paper with the theme labeled on top. Display the resulting art in your home.

Focus on Prayer

Your child is learning about how God cares for the universe and how, as part of God's creation, we love and care for one another. Take time, perhaps at a meal, to say a special prayer of thanks for the people who care for us. Mark the beginning and ending of the prayer with the Sign of the Cross.

