

RAISING FAITH-FILLED KIDS

a parent page

Focus on Faith

Responding to Tragedy

In the days after September 11, 2001, churches were filled with people. Around the world candles were lit. Impromptu shrines were filled with flowers. Prayers were offered for the dead and their suffering families. In tragic times our children naturally have questions about God and heaven. Treat their questions with respect. Be patient, knowing that you do not have all the answers. Pray with your children for all those caught up in tragedy.

Dinnertime Conversation Starter

Think of concrete ways that you as a family can be a source of help and comfort for those who suffer, especially those faced with tragic situations.



Hints for at Home

Find the name of an elderly person in your parish who is not able to leave home because of illness or some other reason. Take your child to visit this person. With your child you might prepare a bouquet of fresh flowers or a plate of homemade cookies to bring to this person. Try to make regular visits to this person to give him or her some company.



Focus on Prayer

Your child is learning how to love God through loving other people—by responding to their physical and spiritual needs. With your child read Matthew 25:31–46, in which Jesus tells us how to treat other people.

Afterward pray silently for God to help you recognize the needs of others and do good things for them.



Our Catholic Heritage

The eucharistic fast has been a practice in the Church since the fifth century. At first it consisted of fasting from midnight on, including not drinking water or taking medicine. In 1964 the fast was reduced by Pope Paul VI to one hour, including all food and drink, but allowing for water and medicine. In 1973 the fast was reduced for the elderly and sick to 15 minutes.

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