

**Christ the King School**

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## Help your children love the Mass

The celebration of the Eucharist is the heartbeat of our Catholic faith. As parents, we want our children to find true

Communion with Christ, but getting them to attend Mass cheerfully, sit still, and pay attention can be hard. Yet, making Mass meaningful for children can make it more meaningful for us, too. Try these ideas:

**Start with the basics.** Aim for a Mass time soon after everyone wakes up and is rested. Make sure all have had enough to eat and used the bathroom.

**Rehearse.** Go through your Mass book and choose prayers and responses to practice as a family. When the time comes during Mass, the children will be

proud that they know what to say.

**Communicate your expectations.** For example, you want everyone to pray the prayers and sing the songs, to kneel, stand, and sit when appropriate.

**See and be seen.** Sit where you have an unobstructed view of the altar.

Watching the priest, the altar servers, friends and neighbors on the Communion line will keep children

interested and aware that they can be seen, too.

**Bring your own.** It can be confusing to follow along with adult mass books. Look for age-appropriate materials youngsters can follow. Our Sunday Visitor (800-348-2440, [www.oursundayvisitor.com](http://www.oursundayvisitor.com)) or Daughters of St. Paul (800-836-9723, [www.pauline.org](http://www.pauline.org)) have Mass resources for a variety of ages.



## Thoughtful Moments

### What is grace?

"GRACE: The free and undeserved gift that God gives us to respond to our vocation to become his adopted children" (*Catechism of the Catholic Church*). The Holy Spirit gives us the gift of grace through the sacraments to help us accomplish what we cannot do alone.

### Great work

How many of us dreamed of doing great things when we were younger...becoming a concert pianist, a great missionary, a famous sports figure. In fact, we are doing great things each day that we care for the child God has lent us.



### A giant bubble

Wouldn't it be great if we could send our children out into the world in a giant bubble to keep them safe from harm and sin? In fact, if we keep them close to God, they will be safer than in any magic bubble.

*"The LORD is my strength and my shield; in him my heart trusts"* (Psalm 28:7).



## Why Do Catholics Do That ?

### Why do some churches offer Masses on Saturday night?

In the Jewish calendar, days are measured from sundown to sundown and celebrations begin the night before. Following this practice, the Church allows solemn liturgical celebrations to begin after 4:00 pm of the prior evening. Therefore, you can fulfill



your obligation for Mass on a Saturday evening because it is really a Sunday celebration.

Such Masses of anticipation have been of special assistance to workers, caregivers, or others for whom attending

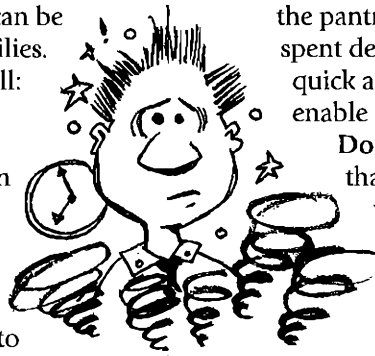
Sunday Mass may be difficult or impossible.

## 4 Tips for smoother mornings

Getting ready for school in the morning can be frazzling for even the most practiced of families. Try these tips for smoother mornings this fall:

**Stick to a regular bedtime.** Making sure children get a good night's sleep is key to ensuring a peaceful morning. When children go to bed at a reasonable and regular time, waking the next day is easier. Learning improves, too.

**Limit breakfast choices.** Offering two healthy choices instead of unlimited access to



the pantry, for example, will reduce the amount of time spent deciding. Cold cereal, muffins, fresh fruit, etc., are all quick and healthy choices. Offering simple foods may enable children to help themselves.

**Don't allow too much time.** Set wake-up times so that there is just enough time to wash, dress, eat and walk out the door. That may mean laying out clothes and packing backpacks the night before.

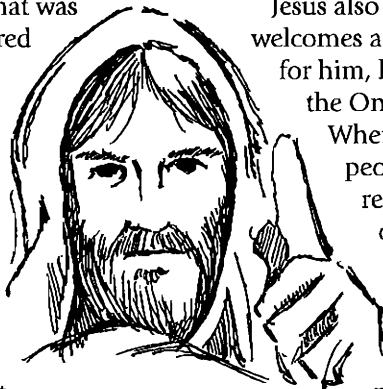
**Be sure to set aside a few minutes for family prayer.** There's no better way to start your day than with God's blessing.

### Scripture LESSON

#### Mark 9:30-37, the first will be last.

Jesus warned his disciples what was to happen to him and he entered Galilee secretly to avoid detection. He also introduced the awful idea that he would be "handed over" implying a betrayal. But the disciples didn't get it. Rather than ask what he meant, they argued over who was the greatest among them.

When he found out, Jesus rebuked them and warned that unless they learned to serve others, they wouldn't earn a position of honor in his kingdom. It is a warning to anyone in power.



Jesus also said that who welcomes a child out of regard for him, honors Jesus and the One who sent him.

When we care for people who can't repay us, we do it out of love for Jesus.

*What can a parent do?*  
Cheerfully

model sacrificial

care of children, parents, spouses and others. Teach your children that there is great joy in serving, and the reward comes straight from God.

### Feasts & Celebrations

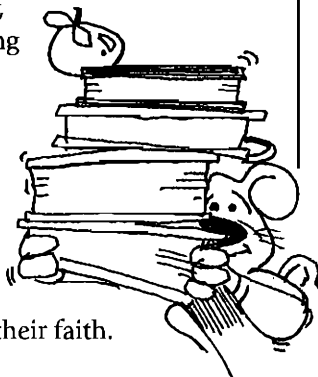
**September 8 -- The Nativity of the Blessed Virgin Mary.** Tradition says Mary was born in Jerusalem after her mother Anna and her father Joachim had been married more than twenty years with no children. Mary's birth brought her parents joy, and we are joyful too – because Mary brings salvation to all of us with the birth of Jesus.

**September 23 – St. Padre Pio (1968).** Born to farmers in southern Italy, eight years after he became a Capuchin Friar, the five wounds of Our Lord's Passion (stigmata) appeared on

his body. Despite intense personal and physical suffering, he remained dedicated to prayer.

**September 26 – Sts. Cosmas and Damian (303).** These saints were Arab brothers who studied medicine in Syria and lived their Christian faith by treating people without charge.

Unfortunately, this was during a time of persecution and such virtue made them targets of persecution. They were martyred for their faith.



### Parent TALK

#### Sunday Mass is not negotiable



After Theresa turned ten years old, I had to drag her to Mass on Sundays. She said it was boring and didn't want to go. For lots of reasons, attending Mass is not negotiable in

our house. So how can I help her to love it as I do?

Our pastor suggested we try different Masses. We usually go to the 9:00 am Sunday Mass because the priest is very learned and gives inspiring homilies. But at the 5:30 pm Saturday vigil Mass the children get to do the readings and act as ushers. Theresa thought that looked cool.

Now we take turns choosing the Mass we attend. When it's Theresa's turn, she chooses the children's Mass because she loves ushering and handing out bulletins afterwards. And the grace she gets from participating in Mass instead of fighting it can't be beat.

#### Our Mission

To help parents raise faithful Catholic children  
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