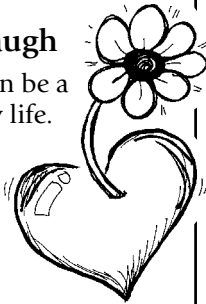




Thoughtful Moments

Make time to laugh

Play and humor can be a relief valve in family life. Share jokes, comics, stories — anything that tickles your funny bones in positive ways.



Becoming a good friend

Friendship skills don't come naturally to every child. One has to be a good friend in order to attract them.

Encourage your child to invite a friend to your house, smile and wave when she gets to school, remember her friend's birthday, save a seat at the lunch table, or think of interesting things the two of them can talk about.

"Who, Me?!"

The concept of sin can be hard for children to grasp. They often think of sin as relative. "It was okay to hit him because he hit me first." "I took his pen because he took my glove." Children need to know that God's rules are the ones to follow. Use the Ten Commandments and the Beatitudes as guides.



10 simple rules for polite behavior

Manners matter. People who are courteous and well-mannered are welcome wherever they go.

Consider these ten simple and time-tested rules for polite children:

Don't brag. If you win or do well, others will recognize it.

Say, "thank you." There's nothing that shows good manners faster than saying, "thank you," for even the smallest favor.

Speak up. When it is your turn to talk, speak loudly enough to make yourself heard.

Be helpful. If someone asks you for help, do it cheerfully.

Tell the truth. No matter what you do wrong, lying will make it worse.

Don't interrupt. When adults are speaking together, try using the "Three B" rule to determine if it is okay to interrupt: unless someone is bleeding, barfing, or breaking something, don't interrupt.

Look people in the eye. Making eye contact is an important way to show respect and interest.

Put things back where you found them. It will be easier to find them again.

Clean up. If you make a mess, clean it up. If you break something fix it or replace it.

Avoid complaining. It won't do any good anyway.



Why Do Catholics Do That ?

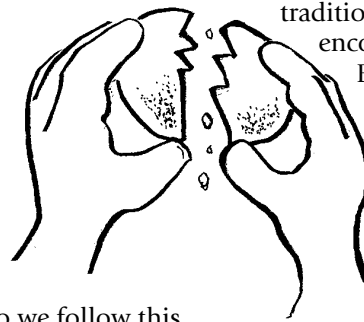
Why do Catholics fast before Holy Communion?

In the Old Testament, people fasted before coming into God's presence or doing a special job for him.

For example, Elijah fasted on the way to Mount Horeb to meet God. Moses fasted when he received the Ten Commandments. So we follow this

tradition and fast before encountering Christ in the Eucharist.

Fasting from food or drink one hour before receiving Holy Communion also creates a physical hunger and thirst and adds to our spiritual appetite for the Bread of Life.

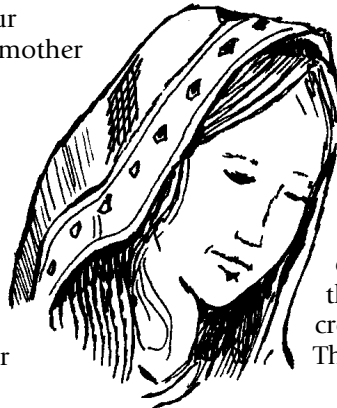


May – the month of Mary our Mother

May is the month during which we honor our mothers. Try these ideas for honoring Mary, our mother in Heaven.

The Mary Garden. Wherever you have room indoors or out, plant some of the flowers associated with Mary (roses, violets, and white lilies, for example). In the midst of them, place a statue or picture of Our Lady. Add decorative stones or seashells.

The Mary Shrine. To make a traditional Mary shrine place a statue or picture of Mary on a table in a prominent place in your home. Cover



the table with a pretty cloth and then decorate with flowers, either real or ones you make together.

May crowning of Mary. Traditionally, May crowning is done on May 1st or the first Sunday in May. Start with a statue of Mary and make a crown out of construction paper or flowers. Invite friends for this special event and carry the crowned statue around the yard or neighborhood. During the crowning, sing the hymn, "O Mary We Crown Thee."

Feasts & Celebrations

May 1 - Ascension of the Lord. This solemnity marks the completion of Jesus' mission of salvation and his triumphant entry into Heaven. *Note: In many dioceses, observance of Ascension has been moved to the following Sunday.*

May 14 - St. Matthias (1st century). When the apostles met to choose Judas' successor, Peter insisted that the new apostle must have followed Jesus from his baptism to his ascension, and witnessed his resurrection. St. Matthias was chosen by lots.

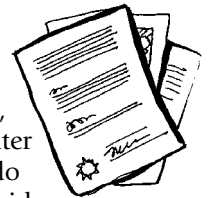
May 20 – St. Bernardine of Siena (1444). Bernardine was ordained a Franciscan at age 24. After a dozen years in solitude, he journeyed across Italy preaching. He is credited with creating the symbol of the sun with IHS, the first three letters of Jesus' name in Greek.

May 26 – St. Philip Neri (1515). Noted for his humor and joyful love of God, St. Philip Neri founded the Oratorians, who practiced reading, singing, and charitable works.



Parent TALK

My older daughter was late for school just about every day. That made the rest of us late, too. My younger daughter constantly "forgot" to do her chores. Nothing I said or did helped.



So the next time the older one ran late, I assigned a 300-word essay on the importance of being on time. Her first draft was so sloppy, I ripped it up and had her start again. The result was a well-reasoned essay on the importance of schedules.

When the little girl failed to do her chores, I instructed her to write five sentences that explained why she needed to do them. When she "forgot" to do it, the assignment doubled to ten. She finally wrote them.

I can't tell if the exercise convinced the girls of the wisdom of complying with house rules or if they just want to avoid doing another essay. Either way, it worked for now. I have a feeling my children's writing skills are going to get a lot of practice.

Our Mission

To help parents raise faithful Catholic children.

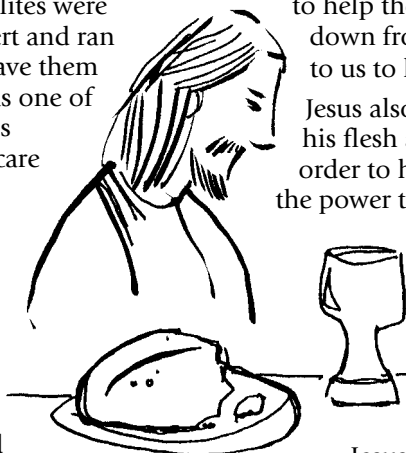
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Scripture LESSON

John 6:51-58, God's promises kept

When the Israelites were wandering the desert and ran out of food, God gave them manna to eat. It was one of the ways he kept his promise to always care for them.

Jesus called himself, "the living bread that came down from Heaven," to help us understand that his presence is another way God fulfilled his promise to always care for us. God gave people manna



to help them live. Jesus came down from Heaven as God's gift to us to help us live eternally.

Jesus also said that we have to eat his flesh and drink his blood in order to have lasting life. Jesus has the power to give life. Believing in this helps us to tap into God's life through Jesus.

What can a parent do? Explain to your children that when you go to Mass each week,

Jesus is truly there with us. Going to Mass is our special time with Jesus, up close and personal.