

## Encouraging children to care

Empathy is the ability to feel concern for other people. As followers of Christ, we are called not only to feel empathy but to respond to others' needs with concern. This can be challenging for children and adolescence whose social skills are still developing.

**Role play.** Take advantage of difficult situations – bullying, for example – children encounter at school, either their own experiences or those they observe, and ask, "What would you have wanted your friends to do to help?"



**Switch roles.** Encourage youngsters to see others' perspectives by discussing current events with them. Talk about how the people involved must have felt. For example, how does the victim of a house fire feel when the home is lost? Ask, "If that had been you, what would you have wanted others to do for you?"

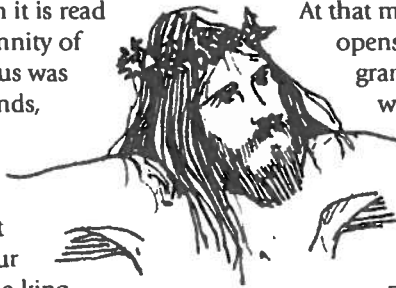
**Take action.** Helping others is the best way to encourage empathy. Look for opportunities to be a good friend, to contribute to someone in need, or help the needy. Then ask children afterwards, "How did it feel?"

### Scripture LESSON

### Luke 23:35-42, Christ the King

This Gospel reading, which portrays Jesus just moments from his death on the Cross, seems at first to contradict the solemnity on which it is read in Mass – the Solemnity of Christ the King. Jesus was deserted by his friends, condemned by the more powerful, and subjected to torture of the worst kind. That is not our traditional view of a king.

Yet it is at that moment when Jesus is, in fact, at his strongest. It is at that moment when he is shouldering the sins of the entire human race and



restoring God's grace to each one of us then and now. No king on earth could do that except Jesus.

At that moment on Calvary, Jesus opens the gates of Heaven and grants forgiveness, beginning with the man beside him who led a life of sin but recognized the true King.

**What can a parent do?** Place a crucifix in a prominent place in your home to remind your family of the great strength that came from the Cross. Make Jesus the true king of your hearts.

### Feasts & Celebrations

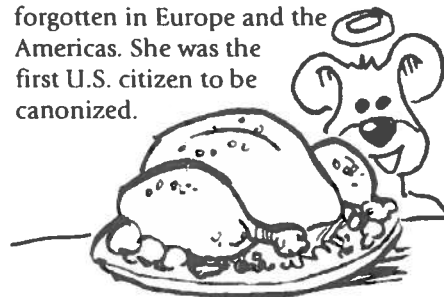
**Nov. 1 – All Saints Day.** In the early Church, saints and martyrs were each assigned a feast day. However, the extreme persecution of the Christians meant there weren't enough days in the calendar for individual commemorations. Eventually Pope Gregory IV designated Nov. 1 as All Saints Day.

**Nov. 2 – All Souls Day.** On this day we pray for the dead, especially our loved ones and souls in Purgatory to help them get to Heaven faster.

**Nov. 12 – St. Josaphat (1623).** Born in the Ukraine to Orthodox parents, St. Josaphat converted to

Catholicism, became a Basilian monk, then a priest, and was named Bishop of Vitebsk (now in Russia). He worked for unity in the Church and was martyred for his efforts.

**Nov. 13 – St. Frances Xavier Cabrini (1917).** Mother Cabrini started the Missionary Sisters of the Sacred Heart in Italy and founded 67 institutions to care for the sick and forgotten in Europe and the Americas. She was the first U.S. citizen to be canonized.



### Parent TALK

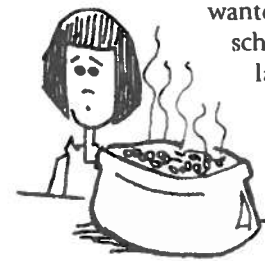
When Tessa moved from Catholic school to a public middle school, there was a change in her behavior. We started arguing about the clothes she

wanted to wear to school and the language she was using. But the worst changes came around the holidays. All of a sudden, Tessa

started asking for lots of expensive gifts which had never been her way. Apparently kids in school already had cell phones and iPods and she wanted to fit in. I spent evenings saying, "no."

Fortunately, my monthly soup kitchen duty came up the day before Thanksgiving, and I took Tessa to help. Lots of families streamed in, and Tessa even found herself serving kids from her school. It threw her to see kids her age sitting at the tables quietly eating the turkey we served them.

The good news? We didn't hear anything more about Christmas gifts from Tessa after that.



### Our Mission

To help parents raise faithful Catholic children  
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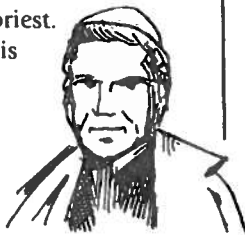
Theresa Bowen, DRE



Thoughtful Moments

Venerable Fulton Sheen

The last Year of Faith saint is Peter "Fulton" John Sheen whose dream was to become a priest. Each day during his priesthood he spent an hour in Eucharistic Adoration. Although born before television, he won an Emmy for "Most Outstanding Television Personality" for his TV series "Life is Worth Living," the first by a Catholic priest. Pope John Paul II said, "You have written and spoken well of the Lord Jesus. You are a loyal son of the Church!"



A golden rule

"So whatever you wish that men would do to you, do so to them; for this is the law and the prophets" (Matthew 7:12).

Care in speech

"You shall not bear false witness against your neighbor" means more than just not accusing others of false deeds. It means speaking the truth always. Teach children that our words are our greatest ally and sharpest weapon.



Take time to teach thankfulness

Children are self-centered by nature, so gratitude doesn't come naturally. Yet grateful people have higher levels of happiness and lower levels of depression and stress. Fortunately, gratitude is a skill anyone can learn, especially at this thankful time of year.

Say "no" often. The current barrage of Christmas commercials spur children to ask for endless toys, video games, and other goodies. Long lists to Santa make it tough to feel thankful if not everything is received. Saying "no" often to a child's whims makes the rarer "yes" much sweeter.

Flip the phrase. When you catch your youngster complaining, stop her

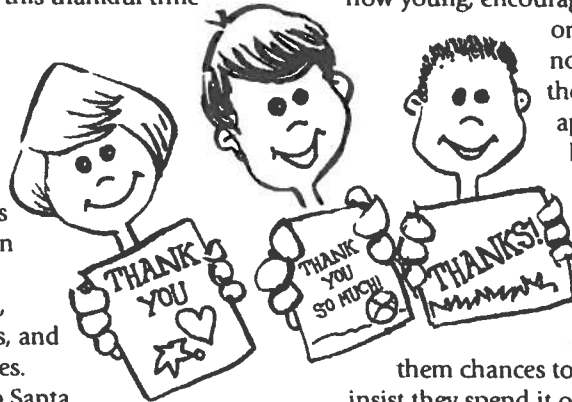
immediately and ask her to name something for which she is grateful. For example, if she complains because her friend has a better video game, ask her to name her favorite doll or toy instead.

Push thank-you notes. No matter how young, encourage children to write or draw thank-you notes. Deciding why the gift was appreciated will help him feel more grateful.

Help children shop. Help them buy gifts for other family members. Give

them chances to earn money and insist they spend it on gifts for others. Children love giving gifts and seeing others appreciate them.

Let youngsters help. There's no better way for children to realize how much effort adults around them put forth on their behalf.



Why Do Catholics Do That ?

What is Original Sin?

Original Sin is a loss of the original holiness and righteousness with which our first parents were created. When God made Adam and Eve, he gave them all the grace and virtue they would ever need, and they had a close relationship with God.



When they turned from him, they lost those gifts.

We inherit the sin of our first parents. Through Baptism, we are freed from Original Sin and are made members of God's holy people, the Church.