

Pray for Your Family

God, grant us the grace to open our eyes and open our hearts to see you in the mystery of the Eucharist and the mystery of our home. Amen

Your Child's Spiritual Development: NEEDS vs. WANTS

Billions of dollars are spent annually encouraging even very young children to want, want, want. We are confronted with so many advertising messages each day that it's easy to become oblivious to them. And yet they affect us all.

Thankfully, you are a powerful influence on your child. You can offer a counter-message that says our true happiness comes not by indulging our wants but in satisfying our real needs, including our spiritual needs. Here are some ways you can help your child focus on needs as opposed to wants:

- **Intentionally limit how much you spend on material objects for your home and for your family. Know when enough is enough.**
- **Pray regularly as a family-at mealtimes, before bedtime, and worshiping weekly at your parish. Grounding yourselves in your relationship with God helps avert the need to fill your emptiness with possessions.**
- **Observe the seasons of the Church year, which include seasons of fasting (Lent) and seasons of feasting (Christmas, Easter). The seasons of the Church year are designed to help us come to know and understand ourselves spiritually.**

"The culmination of the Mass is not the consecration, but Communion."
Saint Maximilian Kolbe

Catholic Fact

In the Catholic faith, the bread and wine are not just symbols of Christ. At the moment of consecration, when the priest says "do this in memory of me" as Jesus did at the Last Supper, then Christ is truly present under the appearances of bread and wine.