

God, give us the grace to answer your call to bring Christ to our world—right where we live. Amen

Your Child's Spiritual Development: COURAGE

Every parent knows that today's children will face a number of moral and spiritual challenges in their lives. We want them to have courage to live as they should. Courage is not the absence of fear; it is the ability to feel the fear and do the right thing anyway. Our task is to help our children access support that assures them that fear is not the end of the story, that faith drives our fear. Here are some ways you can do that:

- From early on, let them enjoy challenging experiences in small and manageable doses.
- Be available to talk through their fears. Remind them frequently, "You can do it."
- Stand by them when they fail, which is inevitable. Acknowledge the pain, yet point to the victory still to be won.
- Tell about times you and other family members had to draw on your moral courage to do the right thing, and why it was so important to do so.

Catholic Fact

At the end of Mass, we are dismissed with the phrase "Go forth, the Mass is ended." In Latin, the phrase is "Ite, missa est." The word missa or "dismissal" has come to imply a mission. We are sent forth after Mass to bring the presence of Jesus into the world. We use our gifts and talents to share his love with the world. The Eucharist is our spiritual food. It can help us feel brave and full of love for others.

There is not just one way to be a part of this mission; everyone can find something to do to share God's love. It could be quiet, like praying for people in need. It could be a project, like picking up trash around your neighborhood or church. It could be sort of ordinary, like letting someone go ahead of you in the lunch line. It could be a big step, like organizing a fundraiser for kids in your community who need school supplies. Think about how your talents will help you best be like Jesus in the world.

*Prepare your heart and mind for the busy day ahead!
Free 3-Minute Retreat — www.loyolapress.com/retreat*