

"I am the bread of life." John 6:48

**Dear God, bless our family as part of your creation.
Help us care for one another and everything you create. Amen.**

8 Reasons to Bring Your Child to Mass

Children learn to value what their parents and extended family value. And they learn not so much by what we say as what we do. Make regular participation at Mass together a priority. Taking our children to Mass will:

- 1. Reveal their true identity as beloved children of God. In a fast-changing world, children need to know that they are valued and they are loved.**
- 2. Shape their values. People take on the values of those they associate with. Join together with the people who strive to follow Jesus' way.**
- 3. Connect them with many generations. Mass unites people of all ages.**
- 4. Populate their imaginations with stories of faith. Expose your child to the stories that lead to abundant life.**
- 5. Fill their hearts with songs that shape their souls. Music has impact. The songs we sing at Mass help us see how God is active in our lives.**
- 6. Nurture their inner life. Attend to your whole child; don't neglect his or her spiritual self. Worship brings our spiritual selves to life.**
- 7. Feed them on the journey. Our children will face many challenges in their lives. Jesus offers his very self to them to strengthen, encourage, and free them no matter what comes.**
- 8. Help them find their true home. God longs for the whole family to gather around the table. In the Eucharist, we realize that we are all one in God.**

Attending Mass as a Family

- Sit close to the sanctuary where your child can see what is going on.**
- Dress appropriately, remember that you are on holy ground.**
- When entering the church, cross and bless yourselves with holy water.**
- Before entering the pew, genuflect out of love and reverence for God, who is present in the tabernacle.**
- Let your child see you participate in the Mass.**
- Teach your child to be observant and aware of the meaning of pictures, statues, images, crucifixes, Stations of the Cross. Someday, when your child visits a church of another faith, they may ask why you do not go there. You can refer to these special items to help you answer these questions.**
- Remember Sundays are holy days of obligation and warrant confession if missed without a good reason.**