

Parent Club is looking for some volunteers to help lead committees as well as just help out at some of our monthly events! If you are interested in volunteering for any of the below events, please fill out the form at the bottom of the paper and return to the school with your child as soon as possible please! Thank you!

If you have any questions, you can email Kelly Hardwick at [jkhardwick80@gmail.com](mailto:jkhardwick80@gmail.com)

October- Trunk or Treat Friday Oct 25<sup>th</sup>

December-Amherst Christmas parade Friday Dec 6<sup>th</sup>, need help coming up with idea for float or a "theme" and decorating.

Fundraiser for 6-8<sup>th</sup> grade DC trip Saturday Dec 7<sup>th</sup>, babysitting night in school gym so parents can wrap gifts or do some Christmas shopping!

February- Family movie night in school gym (date TBD)

Father/daughter dance (date TBD)

March- Mother/son dance/glow party (date TBD)

March- Family bowling night (date TBD)

April-Coming Together Event Friday April 11<sup>th</sup>- need set up and clean up help, volunteers to sell raffles throughout the evening.

\*We are also in need of a board member(s) to take over the Hospitality/Sunshine committee role.

This person helps organize the teachers' dinners for conference nights and provides sunshine in the lives of those who may need it. This could be as simple as sending a card to a school family who has recently lost a loved one or taking the time to help answer questions for a new family or occasionally setting up special Parent Club treats for the school staff in the staff lounge.

\_\_\_\_\_  
Name \_\_\_\_\_

Phone number \_\_\_\_\_

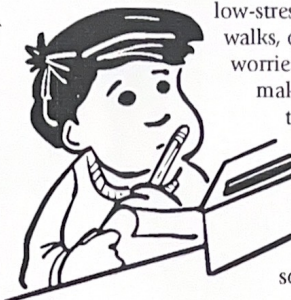
Email address \_\_\_\_\_

Yes, I am interested in helping with \_\_\_\_\_

## Finding time for quality time

As fall schedules get busy, staying connected as a family can be challenging. Still, there can be simple and practical ways to make the most of the time you have together:

**Connect with each child daily:** If time is tight, find moments during car rides, meal preparation, cleaning up after dinner, or at bedtime. Express appreciation for chores done, ask about anything interesting or funny that happened during the day, offer a compliment, or give a gentle pat on the back. Children need to know they're loved beyond expectations.



**Schedule regular family nights:** Aim for fun and low-stress activities like board games, after-dinner walks, or family sing-alongs. Try to set aside work and worries during this time. Don't feel pressured to make everything "perfect." Just enjoy being together.

**Set up an "I need to talk" box:** Create a box in which children can leave notes about subjects they don't feel comfortable sharing at the dinner table. Check the box regularly and take the time to listen and solve problems together.

## Scripture LESSON

### Mark 9:38-43, 45, 47-48, Discipleship duties

The disciples were jealous of an unfamiliar man who was healing in Jesus' name. They seemed more concerned about losing the spotlight than about the healing itself. Yet, we often do the same when we refuse to participate in good works because the people are unfamiliar, those in charge don't do things the way we'd like, or we fear our efforts won't be recognized. Competitiveness and ego have no place in the Christian community.

Jesus was very clear: we must be ruthless in removing sin from our lives.



Giving up a relationship, job, or habit that keeps us from God may feel as painful as cutting off

a hand, but the consequences of our choices last forever. Being lukewarm toward Jesus is impossible.

*What can a parent do?*

Teach children that being a disciple comes with commitments. If we promise to follow Jesus, we must give up whatever tempts us away from Him. Remind children that everyone on Jesus' side shares the same goal: to build up the kingdom of God. The work of the kingdom must come first.

## Feasts & Celebrations

**Sept. 5 - St. Teresa of Kolkata (1997).** Gonxha Agnes Bojaxhiu joined the Loreto nuns and taught in India. Shocked by the poverty and suffering she witnessed, she founded the Missionaries of Charity to help her to "serve [Christ] in the poorest of the poor."

**Sept. 14 - Exaltation of the Holy Cross (c.326).** St. Helena (mother of Emperor Constantine) discovered what is believed to be the True Cross while on pilgrimage in Jerusalem. On that site, Constantine built the Basilica of the Holy Sepulcher.

**Sept. 17 - St. Robert Bellarmine (1621).** A Jesuit, St. Robert was a scholar devoted to studying and writing about Church history, Scripture, and the Fathers of the Church, aiming to explain and defend Church doctrine. Although a cardinal and counselor to Pope Clement VIII, he lived a simple life.

**Sept. 21 - St. Matthew, Apostle and Evangelist (1st Century).** Also called Levi, he was a notorious tax collector. St. Matthew left everything when he was called to discipleship (Luke 5:27).



## Parent TALK

### Sunday Mass is non-negotiable

After Tessa turned ten years old, getting her to attend Mass on Sundays became a challenge.

She loves Communion but said the rest of the Mass is boring and resists going. We frequently wrestled to

get there on time. However, weekly Mass is non-negotiable in our household. So, how could I help her love it as much as I do?

I thought we would try different Masses. We usually go to the 9:00 am Sunday Mass because the priest is very kind and delivers inspiring homilies. However, at the 5:30 pm Saturday vigil Mass, children are involved in the readings and act as ushers. Tessa found that appealing.

Now, we take turns choosing the Mass we attend. When it's Tessa's turn, she always picks the children's Mass because she enjoys lecturing, ushering and handing out bulletins afterward. The joy and grace she receives from participating in Mass, rather than resisting it, are invaluable.

### Our Mission

To help parents raise faithful Catholic children  
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