

Partners in FAITH™



Helping our children grow in their Catholic faith.

October 2024

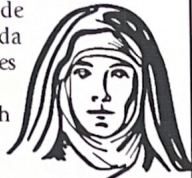
St. Joseph School, Amherst
Mrs. Amy Makruski, Principal



Thoughtful Moments

St. Teresa of Ávila

Teresa Sánchez de Cepeda y Ahumada joined the Carmelites in 1535, but struggled so much with balancing sanctity and worldliness that she became quite ill. The sisters even dug her grave. After recovering, she wrote *The Interior Castle*, inspired by her suffering and enlightenment. In 1562, she founded a stricter order, where nuns wore rough brown habits and sandals, and went on to establish over 17 Discalced Carmelite convents, helping reform the Carmelite friars.



He loves us forever

Parents promise their little ones, "I'll love you forever." Jesus instituted the Eucharist with a "forever" love (John 13:1). At Mass, He promises each of us, "I love you forever."

"You cannot consider our Savior in an action more full of love or more tender than this... [He] changes himself into food, so that he may ... unite himself most intimately to the heart and body of his faithful." St. Francis de Sales



Live the Little Way of St. Thérèse this month

St. Thérèse of Lisieux (October 1) discovered that even the smallest acts, when done with great love, bring joy to God and help us grow in holiness — even something as simple as picking up a thread from the ground. This month, consider encouraging children to "pick up" any of these small, loving threads together.

Rise and shine.
When your alarm goes off, rise up immediately with purpose and offer your day to God.

Honor His name. Whenever you hear the name of God or Jesus, bow your head in respect. Let it be a simple reminder of His presence in your life.

Be a thoughtful listener. Resist the urge to interrupt when someone's

speaking, and show you're fully engaged by making eye contact. Your attentiveness can be a quiet act of love.

Commit to what you do. St. Josemaría Escrivá said it best, "Do what you ought, and put yourself into what you are doing."

Whether it's a big task or a small one, give it your full attention and effort.

Spread kindness daily. Start small, like

offering someone else the best piece of a treat before taking one for yourself.

Embrace gratitude. Thank God each day for what you have, even when life feels difficult. Gratitude, even in hard times, is a courageous and beautiful act of love.



Why Do Catholics Do That ?

Most Catholic churches have a tabernacle in the sanctuary. The tabernacle contains consecrated hosts for people in the hospital or nursing homes, and those in danger of death. Therefore, Jesus is present in the sanctuary —

Why do Catholics genuflect in church?



Body, Blood, Soul and Divinity. When we cross in front of the tabernacle or enter a pew, we honor Christ's presence by genuflecting on the right knee or making a deep bow. We use the right knee because that is considered the side of honor.