



Family Faith FORMATION

September

Dear Family of Faith Families.

The cooler mornings and pumpkin-spiced everything can only mean one thing—fall is on its way! The kids are back to school, the sports schedules are already filling up, and we're all trying to figure out our “new normal” routines. (If you've already found yours, please share your secret!) This is one of my favorite times of year, even if it comes with a little chaos.

A big welcome to our new families—and a welcome back to those returning! Each month I'll send out this newsletter with a snapshot of where we're headed in Faith Life, helpful dates, and a few practical (and hopefully realistic) Catholic parenting tips.

For those who don't know me yet, hi! I'm Pam, your Director of Faith Life here at St. Patrick's Parish. I grew up in northern New Hampshire, the “North Country” actually. In the Newport/Kearsarge area after college, where my husband, Adam and I are raising our eight kids. We're a busy, dance and sports-loving family with one dog, and two cats. Like you, we're doing our best to keep faith at the center while juggling school, practices, and everyday life. I'm no theologian—just a mom trying to pass on the faith and get my kids to heaven (while still remembering to cook dinner and keep up with laundry).

That's the heart of Faith Life: regular families, like yours and mine, sharing the beauty of our Catholic faith with our children. You don't need to be perfect—or have all the answers—to do this. We're in it together, and I'm cheering you on every step of the way. September is an introductory month, giving us time to get familiar with the curriculum and ease into the rhythm of the year. We'll talk more at our first parent meeting on

September 14th 12pm for all Faithlife families and 12:30 for those with children in sacramental prep classes. We will gather in the Assumption Hall.

Please know I'm always here for your questions, your worries, or even just a "Is it just me, or...?" email. You can reach me anytime at pcastor@saintpatrickparish.net . Thank you for making your children's faith a priority—it truly is the greatest gift we can give them.

With joy and blessings,
Pam



Parent Encouragement Corner

Family meals are perfect opportunities for faith-centered discussions. Instead of casual small talk, introduce thoughtful questions that spark reflection.

10 Faith-Based Meal Time Questions

- Where did you see God's love today?
- What was something kind you did for someone today?
- Did you feel God's presence at school or work today?
- What's one prayer intention we can offer as a family?
- Which saint inspires you most right now?
- Did you notice someone who might need extra prayers today?
- What's something you're thankful to God for today?
- How did you show kindness or forgiveness today?
- What's one thing you'd like to ask Jesus if He were sitting with us?

- Did anything today remind you of a Bible story or saint?

These questions not only bring faith into conversations but also help children reflect spiritually on their daily experiences. One question could spiral into an unexpected conversation of **Goodness, Truth, and Beauty.**



Sep. 5 - St. Teresa of Calcutta

Sep. 8 - The Nativity of the Blessed Virgin Mary

Sep. 12 - The Most Holy Name of Mary

Sep. 14 - The Exaltation of the Holy Cross

Sep. 15 - Our Lady of Sorrows

Sep. 21 - St. Matthew

Sep. 23 - St. Padre Pio

Sep. 29 - Sts. Michael, Rafael, & Gabriel