

*Dear Families,*

*We are honored to be part of your faith formation journey with your family. This month the children will learn about God our Father and Creator and our most holy Blessed Mother. There are many ways for children to connect with God and for you to nurture faith in them. One of the most fruitful ways is through God's creations. The natural world helps to calm and regulate children bringing them into the now, guiding them to mindfulness to their thoughts and feelings. Once a child has regulated, their senses are awakened to take in and experience God's beauty around them. This calmness leads them to reflection and prayer within the quiet of their hearts as they unite in God's creations. Gift your children with the opportunity to slow down and experience God in His creations as they journey into a love and oneness with Him!*

[Slow Down:Be Where You Are and Be There Well](#).....a short reflection

[Be Still My Soul](#).....a moment of pause

### *A Prayer for Parents*

*Dear God,*

*We praise you for your love and faithfulness. We thank you for your protection and care over our families. Thank you that you give us the power to love well; the wisdom to lead and teach our children. We know you are for us; that you fight for our families today. You are Redeemer, Restorer, and Friend, we believe you have good in store. We confess, some days, parenting is tough. Many days we can feel anxious or overwhelmed. We ask that you would make us more like you, more aware of your constant Presence in our lives. Help us to release our children to You, so that You are free to fully accomplish all that You desire, in them, through them. Please fill our families with Your Truth and cover us with your favor. Amen*