

Growing in Faith Together (GIFT) – November 2023 Home Kit Overview

Home Kit Resources and Activities for the month:

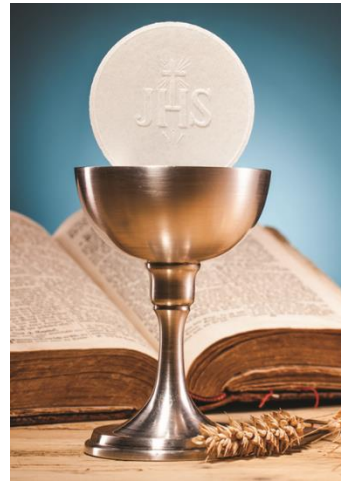
Each month's home kit includes resources and activities for continuing to grow in faith at home throughout the month!

Scripture Memory Verse Card

Swap out this month's verse in your Magnetic Holder (received in the October Home Kit).

- November's Bible Verse: 1 Corinthians 10:16-17

"The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ? Because the loaf of bread is one, we, though many, are one body, for we all partake of the one loaf."



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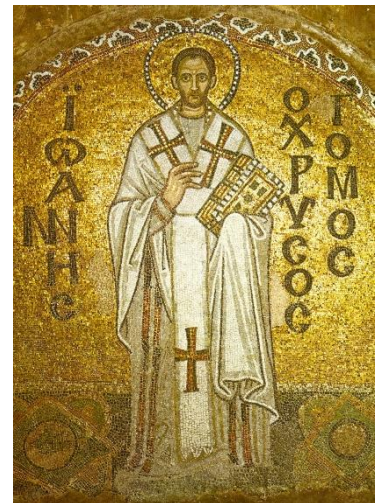
1 Corinthians 10:16-17

- As a family, discuss: What are the different gifts and talents that you and your family have? When you gather for church, what actions can you take to treat everyone around you as family?
- Family Challenge: Say hello to someone new the next time you gather for Mass.

Saint of the Month Card

Add this saint to your family's prayer card ring.

- Saint John Chrysostom** (ca. 347—9/14/407)
 - We included a quote from one of his homilies on 1 Corinthians 10:
"For what is the bread? The Body of Christ. And what do they become who partake of it? The Body of Christ: not many bodies, but one body."
- Learn more about this saint:
https://www.catholic.org/saints/saint.php?saint_id=64
- Discuss: How does receiving the Eucharist help us to become more like Jesus? What prayer or action can we add or include in our week to act more like Jesus?
- Family Challenge: Before receiving the Eucharist, ask Jesus to help you with some difficulty you have with another member of the Body of Christ (ie. being nicer to a sibling, trying to have patience when someone or something is annoying or bothering you, etc.)



Partners in Faith Monthly Newsletter

Read through the monthly newsletter from *Partners in Faith* to get timely and/or seasonal ideas on living the Catholic faith at home. Each month features parenting tips, a “why do Catholics do that” question, saints of the month, and a scripture reflection.

Pope Francis Celebrates Faith and Family Booklet

This booklet has 30 devotions with a scripture verse, quote from Pope Francis, and a short reflection on the intersection of faith and family. Use a devotion as a discussion starter or topic to discuss at dinner or in the car.

Getting to Know the Saints Handouts

Read through these handouts to learn more about the saints and why we celebrate them on during the month of November and especially on All Saints Day, November 1. Use some of the suggestions to learn about some specific saints this month. Choose a couple saints that have meaning to your family (ie. share a name, are a patron of something your family likes to do, etc.) and ask for their intercession this month.



Helping our children grow in their Catholic faith.

November 2023

Saint Brigid Parish
San Diego, California

Thoughtful Moments

St. Margaret of Scotland

St. Margaret was beautiful, kind, and generous. Her family was shipwrecked on Scotland while fleeing from William the Conqueror. The king of Scotland welcomed them, fell in love with St. Margaret and made her his queen. St. Margaret practiced the corporal works of mercy, including feeding the poor before eating her own meals. Her private life was simple, prayerful, and penitential, and she inspired her family to imitate her. Finally, she worked to bring ecclesiastical and moral reform to the kingdom.

Take time for gratitude

Are you stressed or anxious? Take a moment and thank God for the blessings in your life — big and small. Making a list of these blessings is a powerful way to remind ourselves of God's love. Whatever you face, you won't do it alone.

"Peace is not just the absence of war. Life in a cathedral, peace can be constructed patiently and with unshakable faith." Pope St. John Paul II

Giving thanks leads to generous hearts

"What shall I return to the Lord for all his bounty to me?" (Psalm 116:12) We can never repay God for His gifts to us but we can show gratitude by sharing them with others in ways that glorify Him. During the Thanksgiving season, try these suggestions to make your holiday more meaningful.

Offer prayers of gratitude.

Jesus was deeply moved when one of the ten lepers He healed came back to thank Him (Luke 17:15-19). Give thanks as a family every day this season by each offering gratitude for specific blessings received throughout the year.

Go to Mass. The word "eucharist" is from the Greek for "thanksgiving" or "gratitude." The Eucharist "refers to the

Mass and the Blessed Sacrament, the ultimate form of Thanksgiving. When we actively take part in the Mass — praying with others, offering our own prayers, reverently receiving the Blessed Sacrament, joining in the singing — we offer heartfelt Thanksgiving to God.

Send it out. Another tradition of Thanksgiving involves sending notes of appreciation and thanks to friends and loved ones, especially for kindness received throughout the year. Kind words are always a powerful and a much-needed gift. Share the blessings. If you know of people without holiday plans, offer them a place at your table. Adding to your family circle sets a powerful example of generosity.

Why Do Catholics Do That?

Just as families remember important milestones, the Church's liturgical calendar recalls the history of our faith.

Why do Catholics follow a liturgical calendar?

Liturgical celebrations. "Thus recalling the mysteries of the redemption, she opens up to the faithful the riches of her Lord's powers and merits, so that these are in



Getting to Know the Saints Family Handout

There are many different ways to get to know the saints. Here are a few ideas to get your family started.

1. Celebrate All Saints Day (November 1). One of the great gifts of our Catholic faith is our rich tradition of honoring our heroes with sainthood. On All Saints Day, we recall and pray with these saints. It is important to continue to tell the stories of saints and saintly people to our children so that they have ample models of people of faith for their own lives.
2. Together as a family, name and tell the story of favorite saints. Prepare a list of some of the traits that these people have in common (generosity, courage, prayerfulness, and so on). After preparing this list, read together Matthew 5:1-12, which is the Gospel proclaimed on All Saints Day. Identify how the attitudes described in the Beatitudes are reflected in the lives of the saints and in people you named.
3. As a family, create your own book of saints. Have each family member choose a favorite saint and create a "chapter" about him or her that may include a description, a drawing, or whatever helps to convey your experience of the saint. You might also focus on how this saint showed unusual courage, or devotion, or dedication to others, and how we can learn from his or her example. Assemble each "chapter" into a book. Create a decorative cover for your book and display it in a prominent place in your home.
4. Create an inspiration box based on the lives of the saints. On small cards or strips of paper, write an inspiring quote from a saint or something about a saint you particularly admire (such as "Saint Teresa prayed even on days she felt God was far away"). Use any kind of container (such as a woven basket, a decorated box, or a plastic container) to hold your inspirational words. Whenever you are in need of an inspiring or motivational word, you can read one of the cards.
5. Pray a Litany of the Saints as a family. For example, a parent prays "Saint Elizabeth" and the children are invited to reply "Pray for us." Include in your list the saints and holy people you named in your discussion. Conclude by praying that your family will follow the example of these people as disciples of Jesus.

Intergenerational Events—Saints

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