

Saint Vincent DePaul
Mrs. Fochs, Principal



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. Like a cathedral, peace must 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.



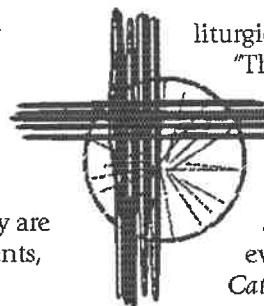
Why Do Catholics Do That?

Why do Catholics follow a liturgical calendar?

Just as families remember important milestones, the Church's liturgical calendar recalls the history of our Catholic family. The feasts and seasons that draw us deeper into salvation history are reflected in the Mass vestments, readings, and music of our

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 some way made present in every age" (*Catechism of the Catholic Church*, #1163).



“As for me and my house, we will serve the Lord.”

In a time when it was a challenge to follow God’s way, Joshua made a public declaration that he and his family would continue to serve the Lord (Joshua 24:15). Here are some ways you and your family can know and serve the Lord:

Family prayer time. At least once a day, pray as a family. Praise God for His goodness. Repent of the times you failed to love God or each other. Intercede for others. Ask for all that you need. Quietly listen for God’s voice.

Experience Mass each week. Help your

children meet Christ “up close and personal” at Mass on Sunday. Let nothing come in the way of your weekly appointment with the Lord.

Keep a family gratitude journal. At mealtime, take turns writing a line or two about how God blessed you each that day.

Participate in your parish. Take your family to First Friday and Saturday observances, holy days and devotions, and support your parish’s charitable efforts. These are important expressions of our Catholic spirituality.



Scripture LESSON

Matthew 25:31-46, “You did it for me.”

In this Gospel reading, Jesus tells the parable of the separation of the sheep and the goats. In Jesus’ time, sheep and goats were treated similarly and were herded together, to be separated later in the herding process. Jesus compares the separation of livestock to the separation of people —between those who really believed Christ and followed Him faithfully and those who didn’t.



we try to alleviate it, like the “sheep?” What ultimately prevented the “goats” from entering the Kingdom of God was not that they harmed anyone, but that they stood by indifferently and did nothing.

What can a parent do? Teach children to look out for the needs of their peers and to treat them with kindness, as if it were Jesus Himself who

was lonely, hungry, without a jacket and so on. Jesus counts even the smallest kindness done to someone in need as done to Him, personally.

Feasts & Celebrations

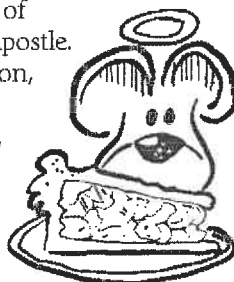
November 1 – All Saints Day. On All Saints Day, we honor those who lived with extraordinary virtue and are now in Heaven in God’s presence.

November 2 – All Souls Day. On this day we pray for the dead, especially the souls in Purgatory. Our prayers and sacrifices can help them get to Heaven.

November 11 – St. Martin of Tours (397). The patron of soldiers, St. Martin was forced to join the army, but left to become a priest. He founded a monastery near Poitiers, France, and later became bishop of Tours.

November 25 – St. Catherine of Alexandria (c.310). St. Catherine converted to Christianity after receiving a vision. She rebuked Emperor Maxentius for persecuting the Christians. While in prison, 200 people came to visit her and were convinced to convert.

November 30 – St. Andrew (1st Century). The son of a Galilean fisherman, brother of Simon Peter, and Apostle. After the Resurrection, he conducted missions in Turkey, Greece, and Macedonia. He was martyred on a X-shaped cross.



Parent TALK

I have wanted to get more family prayer into our days but our busy schedule seemed to get in the way.



We decided to commit to praying together three times a day.

After trial and error, we now start in the morning by praying an

Angelus before breakfast. Then we pray a decade of the Rosary. This has become a peaceful way to begin the day.

After we get home from school and work, we have a snack and pray another decade of the Rosary. This only takes a few minutes but it also becomes a nice time to reconnect. Finally, we gather one more time at bedtime and pray the Angelus and another decade of the Rosary.

Although I set alarms on my phone to remind me, the children alert me to prayer time before the alarm goes off. They enjoy the opportunity to connect with God and each other.

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