

A Few Ways to Strengthen Catholic Family Life

God is love, and the only way we can show love to others is because we were first loved by God.

- Take time to pray to God and share with Him everything, the good, bad, and ugly.
- Find out how your children like to show and receive love. 5 Love languages
- The sacraments are encounters with our loving God by which he gives us grace.

Each of us is beautifully and wonderfully made in the image and likeness of God.

- We are priceless and deserve to be treated that way.

All things that are true, beautiful, and good (transcendentals) come from God and should draw us to God.

- Getting a good parking spot, making pop tarts, saying I love you, and winning in a video game are all examples of good things
- Analogy of the sun
 - Think about the sun, what comes from it? only heat and light
 - We have dark and cold, when something gets in the way of the sun
 - In a similar way, only good things come from God. It is when something gets in the way of that love that we have sin and evil.

There is no cookie cutter model for your Catholic family to follow.

- Whatever works and draws your family closer to God, His Church, and each other, is good for your family.
- “Brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.” (Philippians 4:8)

Don't be so hard on yourself

- You are a blessing and gift to your children
- Everything does not have to be perfect, things will go wrong

Be there for families in need

- If someone asks for prayer, take time to pray with them right at that moment (or text them or email them)
- Give to those who are struggling (sometimes the best thing is to offer to babysit their children, everyone needs a little break and babysitters can be expensive)

Think outside the box when asking children how they are doing.

- Emotions are good and a gift from God. It is not sinful to feel an emotion (Jesus was angry and sad too).
- It is how we act upon the emotion that can be sinful or good.
- Children can share their feelings by drawing, coloring, talking, dancing, etc.
- Instead of asking “How are you?” Or “How was your day?” – be more specific by saying “What was 2 ways that you helped out someone today?” “What made you sad or happy or angry today?”
- Make a Temper Scale

Movies and music can be great ways to talk about virtues and God.

- After watching a movie, talk about the virtues and emotions in the movie and how the characters reacted. How can this movie help us to grow closer as a family by what we learned?
- What from this song can draw us closer to each other and God?

Be a solution-based family

- Something good or bad has happened, now what little steps can we take to address the concern
- You do not have to fix the problem completely, simply take little steps
- Give children a chance to help in coming up with ways to solve the problem
- Schedule time to work, play, talk, and pray together

Teach children what a true apology is

- Say that you are sorry and do **NOT** put any excuses on the apology, like “I am sorry for yelling at you, but you made me made by ... or if you would not have done this...”
- Simply say that you are sorry.
- Reassure the person that you will not do that in the future
- Then later on, you can talk about how to heal the relationship and move forward

Journal as a family

- Journaling will help see how God is working in your lives as a family.
- Thanksgiving - Write down people and things that you are thankful for.
- Supplication - Write down people that you are praying for

SEE THE ADDITONAL HANDOUTS & RESOURCES

General Parent Resources

Books:

Parenting with Grace: The Catholic Parents' Guide to Raising almost Perfect Kids

Family therapist and parent Gregory Popcak and his wife, Lisa, are back with their second edition of *Parenting with Grace: The Catholic Parents' Guide to Raising almost Perfect Kids*. This latest updated version continues to guide parents through each stage of child development, from infancy through adolescence, offering additional age-specific advice on "parenting with grace."

Practical, faithful, and humorous, Parenting with Grace will help you discover:

- Seven factors that make Catholic parents unique.
- How to C.A.R.E. enough to parent your very best
- Practical, faith-filled solutions to common problems of every childhood stage -- sleep problems, tantrums, faith issues, childhood fears, dating, dealing with technology and media, and much more!

Discovering God Together: The Catholic Guide to Raising Faithful Kids

Research shows again and again that when families openly live and share their faith together, their marriages are stronger, children and parents get along better, and children are less likely to succumb to drugs, alcohol, promiscuity, or negative peer pressure.

In this book, experienced psychotherapists Greg and Lisa Popcak show how you can transform your family into a joyful place where each member experiences life as a gift from God.

From tapping into the rich beauty of Catholic traditions to mustering the motivation needed to deepen your spiritual life, you discover the practical, positive, and tangible difference our faith can make in your family life.

You'll also learn . . .

- The five marks of a Catholic family. Are you missing the most important?
- How to keep rituals fresh and alive rather than boring and routine.
- The four characteristics of teaching your children to have the heart of a disciple.
- The one thing children need to catch their faith on fire.
- How to shepherd your kids through the seven stages of faith.
- Six steps to helping kids develop individual prayer time
- How to discern your family's charism and what to do with it.
- How to foster your children's sense of mission.

Beyond the Birds and the Bees: Raising Sexually Whole and Holy Kids

“THE TALK” – It’s one of the most daunting prospects parents face. Communicating the richness of Catholic teaching on sexuality in a faithful and effective way can be an overwhelming responsibility. But does it have to be so?

In this thoroughly revised re-release of *Beyond the Birds and Bees*, popular marriage and family counselors Dr. Greg and Lisa Popcak empower you with the tools needed to move well beyond “the talk” by offering a comprehensive guide to raising sexually whole and holy children. Using the riches of Pope John Paul II’s *Theology of the Body*, the Popcaks help you safely navigate your children from infancy through the teenage years and beyond.

PART ONE of the book cultivates your personal understanding of the Catholic vision of sexuality, allowing it to color your relationships, conversations, and interactions with your children.

PART TWO provides practical step-by-step guides, including goals and concerns, for each stage of childhood – from infancy to the teenage years.

This book answers such questions as:

- What lessons must my children learn at each stage to develop a healthy Christian sexuality?
- What steps can I take to help my children exhibit moral courage and sexual chastity?
- How can I have age-appropriate conversations about sensitive issues with my children?
- How can I teach my children what it takes to be a true Catholic man or woman?
- How can I help my children have healthy, Christian dating relationships?
- What do I need to do to prepare my young adult for marriage?
- AND SO MUCH MORE!

- **100 Things Every Catholic Teens Should Know**

By Mark Hart and Todd Lemieux

- **Did Adam & Eve Have Belly Buttons (199 questions by Catholic Teens)**

Did Jesus Have A Last Name (199 questions by Catholic Teens)

By Matthew Pinto

- **Tell Me About the Catholic Faith for Small Children by Ignatius Press**

- **Tell Me About the Catholic Faith from the Bible to the Sacraments by Ignatius Press**

Praying for (and With) Your Spouse: The Way to Deeper Love – April

1, 2018

by Dr Greg Popcak (Author), Lisa Popcak (Author)

God wants to fill your marriage with the love that comes from his very own heart. Praying for (and with) Your Spouse will show you how to let God take every part of your relationship to the next level from living each day with your joys and struggles to working out your decisions and disagreements to setting aside time for love and romance. Prayer, in marriage, is more than checking off a box. It is time spent in the presence of the Author of love himself. Every time we pray for and with our spouse, God gives us greater insight into what it takes to love each other better more deeply, more honestly, more authentically, and more passionately. Every time we pray for and with our spouse, we open our hearts to a love that can satisfy our deepest longings and allow our marriage to be a light to the world.

This book will help you discover the simple steps you can take to invite God to renew and refresh your love for one another. As you pray together and for one another, you'll find out how much joy God has in store for you and your spouse in this life and in the next!

God Help Me! These People Are Driving Me Nuts!: Making Peace with Difficult People – April 1, 2010

by Gregory K. Popcak PhD (Author)

Generous helpings of humor and abundant practical advice make this Christian spirituality book a useful tool for dealing with difficult relationships. Old enemies, unreasonable employers, petty neighbors, wayward children, or an inattentive spouse can sabotage even the most devout Christian and lead to unhealthy emotions and destructive behavior. Laying out the components of the P-E-A-C-E process, this handbook presents strategies for understanding the causes of problem behavior—in others or in oneself—taking corrective action, and options if those strategies fail. Questions such as How can I respectfully and lovingly bring about changes in my life and in relationships? How do I cope with people who will not change their self-destructive ways no matter how hard I try to help them? and Is it ever acceptable to sever ties with a friend or family member? are examined and addressed in this sympathetic, results-oriented guide to keeping faith in everyday life.

Unworried: A Life Without Anxiety – October 19, 2018

by Dr. Greg Popcak (Author),

Anxiety. It's practically an epidemic. Twenty percent of Americans suffer from anxiety disorders, and millions more wrestle with worry and stress on a daily basis. For us as Christians, all that worry gets mixed up with a lot of guilt. After all, Scripture tells us, Have no anxiety at all (Phil 4:6).

How can we stop worrying and start living an anxiety-free life? As you'll learn in *Unworried: A Life Without Anxiety*, the answer isn't just pray more or just read more Scripture or, worst of all, just stop worrying. If we learn to respect how God made us, we can build new habits of thinking, communicating, and acting that will help set us free from worry.

Dr. Gregory Popcak integrates insights from our Catholic Faith with cutting-edge psychological research to help the anxious reader form a comprehensive plan for conquering anxiety and living a life of true peace.

ABOUT THE AUTHOR

Dr. Gregory Popcak is the founder/director of CatholicCounselors.com, a Catholic telecounseling practice providing faithful solutions to tough marriage, family, and personal problems. A Fellow of the American Association of Pastoral Counselors and a Board Certified Diplomate in Clinical Social Work, Dr. Popcak serves as an Associate Professor of Pastoral Studies and the director of the online Master of Arts in Pastoral Studies program at Holy Apostles College. Together with his wife Lisa, he hosts *More2Life*, which airs each weekday at 10 am Eastern/9 am Central on EWTN Radio affiliates across the country and on SiriusXM130.

Broken Gods: Hope, Healing, and the Seven Longings of the Human Heart – June 2, 2015

by Dr. Greg K. Popcak Ph.D. (Author)

"You are gods."

Blasphemy? No, those mysterious words, spoken by Jesus in the Gospel of John and alluded to in Psalm 82, point to a holy longing deep in our hearts that tells each of us that we were created for more.

"Imagine that you were to wake up tomorrow to discover that, by some miracle, you had become a god overnight," writes Dr. Gregory Popcak. "Not THE God—omnipresent, all-knowing, all-powerful—but a god in the classic sense. That is to say, you woke to find that you were perfect, immortal, utterly confident in who you are, where you were going in life, and how you were going to get there. It might seem ridiculous to consider at first, but allow yourself to imagine this truly miraculous transformation. What would it be like to live without fear? How would it feel to be completely at peace with yourself and the people in your life? Imagine what it would be like to be able to resolve—once and for all—the tension that currently exists between all your competing feelings, impulses, desires, and demands. What would change in your life as a result of your having become that sort of divinely actualized person?"

Bold questions are in need of bold answers. And in *Broken Gods*, a work that is both practical and inspirational, Dr. Greg explores what our deepest desires—and even our darkest desires—tell us about our ultimate destiny and reveals a commonsense approach to fulfilling our true purpose in life.

Books on Teaching Virtue & Human Sexuality:

Princess and the Kiss by Jennie Bishop – A book on purity for girls ages 6-12

Squire and the Scroll by Jennie Bishop – A book on integrity and purity for boys ages 6-12

His Little Princess: Treasured Letters from Your King by Sheri Rose Shepherd

5 Love Languages of Children by Dr. Gary Chapman – to help you understand how your child best receives love and shares love with others.

Challenge Accepted: A Catholic Parent's Guide to the Middle School Years

- Raising holy teenagers in modern culture is no simple task, and during the middle school years it can be especially challenging. How do you help your teens and pre-teens navigate the external world with all its opportunities and dangers while their "internal" worlds are undergoing such hormonal shifts?
- **Challenge Accepted** offers real world expertise from parents and Catholic ministry leaders who spend time, daily, with middle school teens. Within this book are dozens of ideas and insights that parents have found helpful in their efforts to keep their children on the straight and narrow road to heaven.

Purity 365: Daily Reflections on True Love

Worth the Wait: A Catholic Teen's Guide to Dating, Marriage, and Happiness

- Remember that line in the Gospel where Jesus proclaimed, "Hey, forget what I said...just do whatever you want. It's all good"?
- We don't, either.
- When it comes to dating, marriage, and human sexuality, everyone has opinions but many don't actually base their feelings or decisions on God's truth.
- So how, then, do you live as a young Catholic in today's world? How do you protect your dignity, live out chastity, and follow God's plan for a joy-filled, shame-free life?
- We were hoping you'd ask.
- *Worth the Wait* is a compilation of blogs, reflections, and insight from well over a dozen authors - all passionately living out chastity in their respective states and vocations. You'll hear from Mark Hart, Jackie Francois, Matt Smith, Mary Bielski, Leah Darrow, Matt Fradd, and many more!

Theology of His Body/Theology of Her Body

- *Theology of Her Body* and *Theology of His Body* are two books in one that will feed your teens with liberating answers to their most pressing questions about love and sexuality. In it, teens are encouraged to not only learn the truth about their own body, but also to discover the beauty of the opposite sex, for it is in seeing the complementarity of the two sexes that one discovers the real meaning of his or her own body and the invitation to love as God loves.

Websites on Human Sexuality:

www.chastityproject.com – Resources, videos, books, articles, audio talks, online videos, and so much more covering topics like: dating, how far is too far, homosexuality, pornography, birth control, STDs, starting over, how to stay pure, vocations and spirituality, and much more

Raising Pure Teens book: In the last part of the book it has a **large list of websites** on chastity education, internet and media safety, family life, modesty, natural family planning, church documents on human sexuality.

****It also has books and resources to use.**

Natural Family Planning – In the Easton area the contact person to teach about Natural Family Planning is:

Mary Ann Morales, BS, FCP

610-703-9728 or maryannmorales50@aol.com

Matt Fradd's website <http://mattfradd.com/>

Video on understanding the Church's teaching on homosexuality, called The Third Way:

<http://www.blackstonefilms.org/films.html>

<http://www.covenanteyes.com/> (internet accountability and filtering)

Look up on google the top ten best Parental Control Software for other options.

<http://www.focusonthefamily.com/> - Christian articles and audio shows that cover many life issues

Online Resources

****Get the Ave Maria Radio App or listen online – Listen to the talks on More 2 Life by Dr. Greg and Lisa Popcak**

On the radio show people call in with problems and concerns in their life, the Popcaks give practical solutions to the problems.

<https://avemariaradio.net/program/more-2-life/>

St. Jane Parish Website - Parent Online Resources

<http://www.stjanesofeastonpa.com/catholic-media/parent-resources/>

A wealth of online resources are available on the St Jane Frances de Chantal website. Under the menu button you will find a Catholic Media tab that will lead you to several subcategories.

Formed

www.formed.org

St. Jane Parish has gifted you with unlimited access to the best eBooks, talks, videos, and personal formation in the Church today.

All of these programs are made for adults to deepen their Catholic Faith. There are a lot of children resources too. Watch the videos at home with your slippers on and a cup of coffee, or watch them on the go.

Catholic Family

<https://cathfamily.org/>

Welcome to **CathFamily**, a web site dedicated to assisting families in making the home the living heart of the church. As a church, we have benefited over the centuries from simple home-based rituals to provide practical faith experiences for our children. This site aims to provide innovative and contemporary resources to continue this tradition—by collecting both traditional and contemporary rituals that Catholic families can adapt into their own family rituals.

Momfidence

<https://www.momfidence.org/>

by Lisa Popcak

A podcast for the joys and struggles of real motherhood.

Magnifikid

<https://us.magnificat.net/home/magnifikid>

All the readings and the prayers of the Sunday Mass with explanations of the difficult words and the meaning of the rituals

A suggested prayer for Morning and Evening

Many suggestions on how to live the entire week with the Lord

Various games, a comic, and activities to help children learn about Christian life and culture

A page intended for the parents with suggestions for family prayers

MagnifiKid is for children between the ages of 6 and 12.

Pastoral Solutions Institute

<https://www.catholiccounselors.com/>

The Pastoral Solutions Institute was founded in 1999 as an organization dedicated to providing the resources religiously-committed Catholics need to live more faithful and abundant marriage, family, and personal lives. Since that time, The Pastoral Solutions Institute has become nationally-recognized for its leadership in integrating cutting-edge counseling psychology with solid Catholic theological principles.

The Pastoral Solutions Institute offers a wide variety of resources and professional services intended to help committed Catholics overcome problems like marital conflict, childrearing problems, depression, anxiety, stress, and the difficulties associated with major life transitions.

Peanut Butter and Grace

<https://www.pbgrace.com/>

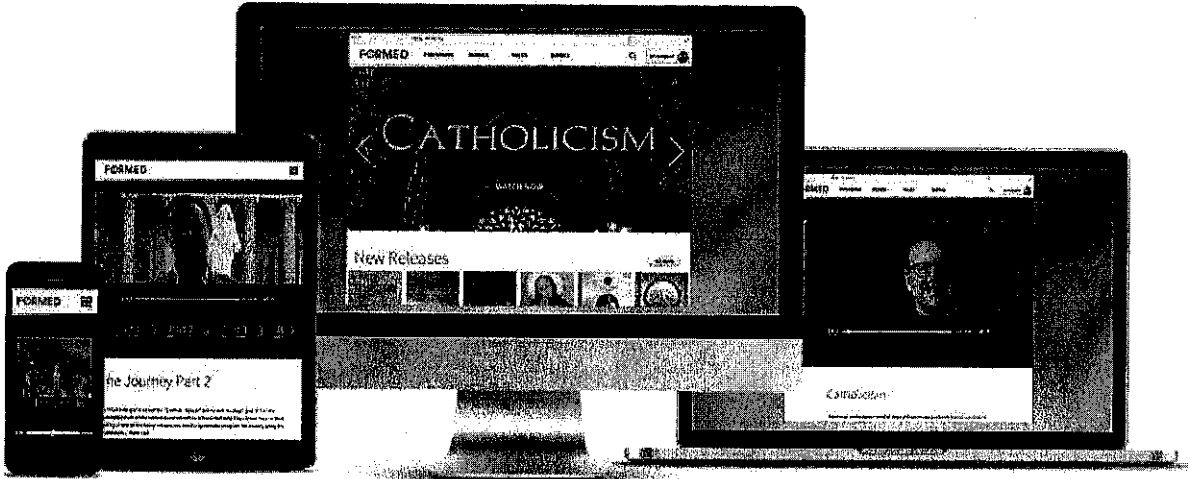
Peanut Butter & Grace helps Catholic parents raise their kids in the faith.

The mission of Peanut Butter & Grace is to help Catholic parents raise children to be saints—that is, people who love Christ and his Church and take action to continue Christ’s mission in the world today.

We do this by providing digital and print resources that assist parents in forming their children in the faith within the daily life of their family.

FORMED.ORG

St. Jane Parish has gifted you with unlimited access to the best eBooks, talks, videos, and personal formation in the Church today.



All of these programs are made for adults to deepen their Catholic Faith. Watch the videos at home with your slippers on and a cup of coffee, or watch them on the go.

To get access to FORMED:

The First time... (The first time you will have to create a profile.)

Step 1: Go to: FORMED.org

Step 2: Scroll down to enter the Parish Access Code

Step 3: Enter Parish Access Code: 4CXXWE (all Capitals)

Step 4: It will take you to create a "profile".

Once you have created a profile...

Step 1: Use the LOGIN button at top right hand corner of the home page.

Step 2: Enter your email and your password and you will have full access to the programs.

Step 3: ENJOY

Music Video List:

***Some videos are for older children or adults.**

- Abandon – Feel It In Your Heart (Official Music Video)
- Addison Road – Hope Now (Official Music Video)
- Anthem Lights – Can’t Shut Up (Official Music Video)
- Article One – Without You (I’m Not Alright) – Video – without God
- Audio Adrenaline – Kings and Queens (Official Music Video) – Caring for children in other countries
- Big Daddy Weave – Redeemed (Official Music Video)
- Bluetree – Jesus Healer (Official Music Video) – Blood and water flowed and son of man lifted high
- Brandon Heath – Give Me Your Eyes (Official Music Video)
- Brandon Heath – Jesus in Disguise (Official Music Video)
- Britt Nicole – Be the Change (Britt Nicole Shares Powerful Message Through Song)
- Britt Nicole – Gold (Official Music Video)
- Britt Nicole – Headphones - (Official Music Video)
- Britt Nicole – The Lost Get Found - (Official Music Video)
- Britt Nicole – Holiday - (Official Music Video) – about taking a break from being busy – fun dancing in video – no cell phone ringing
- Building 429 – Right Beside You (Official Music Video)
- Building 429 – Where I Belong (Official Music Video)
- Building 429 – Listen to the Sound (Official Music Video) – hope rising
- Casting Crowns – Courageous (Official Music Video from Movie) – only watch until 3:46
- Casting Crowns – Praise You in This Storm (Live)
- Casting Crowns – Jesus, Friend of Sinners (Official Music Video) – just him with microphone
- Chris Tomlin – White Flag (Official Music Video) – surrender to God
- Chris Tomlin – Whom Shall I Fear: God of Angel Armies – Live performance
- City Harmonic – Manifesto – Video – has the Our Father at the end
- David Barnes – God Gave Me You (Official Music Video) – God gave me this person to be with - marriage
- David Crowder Band – How He Loves (Official Music Video)
- Downhere – How Many Kings – Live Music Video – Jesus coming as the king as a baby
- Francesca Battistelli – “This is the Stuff” Official Video
- Hawk Nelson – Crazy Love (Official Music Video)
- Hawk Nelson – Live Life Loud (Official Music Video) – silly and fun song
- Hawk Nelson – Words (Official Music Video)
- Jason Gray – Remind Me Who I Am (Official Music Video) – labels for people addict – ends with all saying beloved
- Jason Gray – More Like Falling in love – Just Words and pictures (NOT A MUSIC VIDEO)
- Jeremy Camp – Reckless (Official Music Video) – live our life for the Lord and not be afraid
- Jeremy Camp – Overcome (Official Music Video)
- Jeremy Camp – The Way (Official Music Video) – Jesus is the way
- Jeremy Camp – Take You Back (Official Music Video) – Son leaves home and lives on the street – follows with the prodigal son – God takes us back as a loving Father
- Josh Wilson – I Refuse (Official Music Video) – this world needs God – don’t want to live like I don’t care
- Josh Wilson – Before the Morning (Official Music Video) – pain in our life, joy that’s coming
- KJ-52 - Facemelt (Official Music Video) – lots of surfing, skateboarding / God got us with a facemelt

- KJ-52 featuring Lecrae – They Like Me - (Official Music Video) – We are one body of Christ even though we look different / I sing music because I have been changed by Christ / covered with the blood of Cain / should be no division
- Kristan Stanfill – Not Ashamed (Official Music Video) from Passion 2012 – not ashamed of the one who saved my soul – stadium filled with youth – we should not be ashamed of being Catholic stop at 2:46
- Kutless – What Faith Can Do - (Official Music Video)
- Kutless – Strong Tower (Official Music Video)
- Kutless – This is Christmas (Lyrics Only Video) – what is Christmas without Christ
- Kutless – Sea of Faces – Music Video – body is the bread, your blood is the wine / Jesus laid down his life for one in a million faces
- Laura Story – Blessings (SONG ONLY NO VIDEOS)
- Mandisa – He is With You – (Official Music Video) – God is with you through the struggle – struggles in video are wife whose husband does not kiss her any more – soldier died and mom is sad – husband lost job (they turn to God at end of song and smile)
- Mandisa – Overcomer (someone overcoming cancer)
- Mark Schultz – Love Has Come (Official Music Video) – heaven where all our tears are wiped away – God is love and love has come for us all (We need to strive to better our world now)
- Matt Redman – 10,000 Reasons (Bless the Lord) - (Official Music Video) – worship song
- Matthew West – Mended (Lyric Video)
- Matthew West – Hello, My Name Is (Video with Name Tags)
- Matthew West – More – Only Slide Show and Lyrics
- Matthew West – My Own Little World (Official Music Video)
- Matthew West – Strong Enough - (Official Music Video) - guy and girl in car – bills and lost job
- Matthew West – The Motions - (Official Music Video) – images of Matthew West going and getting throat surgery
- Mercy Me – Move (Official Music Video) – live performance
- Mercy Me – Beautiful (Official Music Video)
- Mikeschair – Someone Worth Dying For – (Official Music Video) – am I really something beautiful – I want to believe I am someone worth dying for
- Natalie Grant – I will Not Be Moved – Music Video – weird dancing – Christ is the solid rock
- Newsboys – Crazy (Official Music Video)
- Newsboys – We Believe (Official Music Video)
- Newsboys – Born Again - (Official Music Video) – Newsboys in Mexico helping the poor – statistics of the poor in Mexico
- Newsboys – God’s Not Dead (Official Music Video)
- Peter Furler – Matter of Faith (Official Music Video) – heaven, we believe in heaven
- Sanctus Real - Forgiven (Official Music Video) – Reconciliation and believing you are forgiven
- Sanctus Real – Promises (Official Music Video) – about the Bible
- Skillet – Hero - (Official Music Video) – images of soldiers, police, fireman
- Steven Curtis Chapman – Do Everything for the Glory of God (Official Music Video) – Cartoons of chapman
- Tenth Avenue North – Losing (Official Music Video) – Forgiving others
- Tenth Avenue North – Worn (Official Music Video) – Forgiveness and God’s Love
- Toby Mac – Eye on it (Official Music Video)
- TobyMac – Tonight (Official Music Video) – there’s gotta be more than this, we want to rise
- TobyMac – Feel It (Music Video)
- TobyMac – Speak Life (Music Video)

PRAYER NOTES FOR KIDS

I CAN TALK TO GOD ABOUT:

I PRAISE GOD FOR:

A
ADORATION

I'M SORRY FOR:

C
CONFESSION

I'M THANKFUL FOR:

T
THANKSGIVING

I ASK GOD FOR:

S
SUPPLICATION

* Come up with tangible ways to live this out with your family.

Fruits of the Holy Spirit

Kindness: The strength of Christ's love, which leads us to a greater service to one another

Joy: The ability to celebrate life even in the midst of pain and confusion because of deep, spiritual reservoirs.

Peace: Quiet, inner confidence in God's care that keeps us from feeling uptight and anxious.

Patience: A staying-power that enables us to handle frustration and conflict without becoming unduly edgy or annoyed.

Generosity: A real desire to live a holy life, to set a good example

Long-Suffering (Positive Attitude): Because we know we are loved and whole and complete with God's extraordinary gift, we are able to put up with the injuries, slights, and outrages of life.

Humility: An inner strength that permits us to be gentle in our relationships, open, and aware of our own abilities without having to make a show of them.

Faith/Fidelity: The ability to stick to our work; we can be counted on to stay firm in our commitment to God and to God's people with whom we are connected.

Modesty: When the Spirit of Love fills our lives, we no longer need to impress other people with our power or degrees or connections or wealth.

Self-Control: Learning to be disciplined with our time, energy, and desires to reflect our spiritual values and priorities.

Chastity: The ability to form loving and caring friendships, which helps us to act appropriately with our gift of sexuality

Love: Quick to sense the needs of the people with whom we work and live and to respond as Jesus would.

WHO HAS GOD CREATED YOU TO BE?

Talents, major interests, & natural gifts:

*Circle all of the following that apply to you:

Acts of Generosity and Kindness

Art

Athletics:

Name all the Sports/Activities:

Beauty/Grace

Carpentry

Communication {Speaking Clearly and People Understand You)

Computers

Cooking / Baking

Creativity

Dance

Debate/Negotiations

Drama

Encouragement

Engineering

Enthusiasm

Financial (good with money)

Friendship

Joy/humor

Leadership

Mathematics

Mechanics and Cars

Music

Organizing

Outdoor Activities and Nature

Peace Maker

Reading

Sales / Retail

Science

Sewing / Fashion

Taking Care of Animals

Writing

Other(s):

Gifts of the Spirit:

Counsel (giving advice)

Courage

Right Judgment (making good decisions)

Piety (being holy, praying)

Fear of the Lord (trusting & respecting God)

Wisdom

Knowledge

DURING ADORATION

WHAT IF MY MIND WANDERS, WHAT DO I DO?
We all get distracted at times. We live in a loud and busy culture. Our lives are filled with screens and phones and every other kind of electronic device. Our surroundings are filled with endless motion and different kinds of noise. Sitting in silence can be a very challenging thing at first, especially when you're not used to doing it.

When you are in Adoration you might feel your mind wander. You might find your brain paying attention to "everything *but* Jesus." It's okay. It's normal to get distracted – it's part of our human nature and, to be honest, it's part of the devil's strategy. He doesn't want you praying. He doesn't want you anywhere near Jesus.

Below are some questions to help focus and direct your prayer before our Lord in the Blessed Sacrament. Use these as a starting point, but bring your own questions and reflections before Jesus. If it helps, write the answers you get from God in a prayer journal.

- Jesus, is that really You? Do I believe that You are present in the Eucharist?
- Do I trust You Jesus? Do I trust You with my future, my vocation, my whole life?
- How can I love You more? Is there anything I am holding back from You, Lord?
- If Jesus asked me: "what do you want me to do for you?" (Luke 18:41) How would I answer?
- What in my life needs healing, forgiveness or restoration?
- Am I grateful for what God has done in my life?

My Worth in God

Begin with a prayer asking God to reveal to you your worth created in His image and likeness; then reflect on the Scripture passage and questions.

"I praise you, so wonderfully you made me; wonderful are your works!" (Psalm 139:14)

What are three things you see in yourself that are "wonderfully made"?

Have there been times in your life that you have felt judged because of how you look or by how good you are at something? How has that made you feel?

How does it make you feel to know that God does not judge us by our achievements or our appearances but by what is in on the inside? What do you think God sees when He looks at your heart? Are you kind, loving, generous, helpful, respectful, and honest, etc.?

Do you find yourself judging others based on their appearances or achievements? What is one thing you can do this week to change that and learn to look at people as God does?

Online Safety Checklist for Families

Print this handy checklist and post it on your fridge, family memo board or by the computer for easy reference.



Talk about online strangers.

Talk to your kids about stranger danger, online predators and what grooming is and looks like. Let them know that they should come to you as soon as they have an uncomfortable or questionable encounter on the internet.



Review internet safety rules.

Reiterate the rules of online safety, and remind your kids to never share personal or identifying information online. Remind them to ignore friend requests from people they don't know, or don't know well, when on social media or in open forums.



Open the lines of communication.

Let your children know that they can talk to you if they encounter, experience or witness something online that makes them uncomfortable. Assure them that you won't get upset or take away online privileges when they come to you.



Share an email account.

Share an email account with your child, or at least know their password, so that you can monitor their electronic correspondence.



Be your child's friend.

Make sure you are a friend or follower on your child's social media accounts so that you can monitor their activity. Take a look at who your child is interacting with, and ask questions if you don't know their online friends.



Stay on top of digital trends.

One of the best ways to keep your kids safe online is to be aware of the latest trends and apps.



Keep computer in central location.

Keep your family computer in a centralized, visible location, so you can easily monitor online activity.



Collect devices at night.

Not only do electronic screens disrupt sleep at night, but it's harder to monitor your child's online activity when it takes place behind closed doors and after everyone's asleep.



Set time limits.

Set and enforce time limits on internet use for entertainment or social purposes. You can do this by creating specific windows of time each day when your kids are allowed to use their devices.



Monitor online activity.

When you collect your child's device(s) each night, review their activity to ensure that internet safety rules are being followed.

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How To Get Your Feelings Heard And Your Needs Met (February 18, 2019)

Dr. Greg Popcak

“Hi! How are you?”, “I’m fine...” End of conversation. This type of exchange is very common, but has become entirely ineffective when it comes to actually getting to know and understand how someone is feeling. The greeting, “How are you?” has essentially become a closed ended (yes or no) question and leaves it entirely up to the person asking the question to decide how positive or negative we are feeling.

A new Yale study published in the Journal of Pediatric Psychology revealed that adults believe that males are in more pain than females. Although this study focused on physical pain, the same concepts can be applied to emotional experiences as well.

So how do we teach our children—boys and girls—to express their feelings effectively, and how do we express our own feelings in a way that will allow us to be heard and understood by others?

1) Honesty is the best policy—Hiding our feelings and waiting for others to ask about what we are feeling or experiencing is not an effective strategy. Because of this, it is best to be open and honest about our feelings or experiences. If someone important to you asks, “How’s it going?” Instead of replying with the casual, “I’m fine,” be honest and specific by saying, “I’m really struggling today,” or “Today has been a really nice day.” Sharing our feelings shouldn’t be reserved for when we are really happy or really sad, we should be honest at all times—both about the good and the bad.

2) Teach others what you need—Being honest about your feelings but not getting the desired response? People can’t read minds. Identify what type of response you need from someone and respectfully ask for that outcome. For example, “Hey, I’m feeling really stressed out, can you problem solve with me?” Or, “I just really need a listening ear and for you to tell me everything’s okay.” No matter what it is that we need, it is always best to express that openly to another person, that way we get the response that we need, and we don’t leave others feeling confused as to what type of response we are looking for.

3) Ask questions and teach others to do the same—Create a dynamic of open and honest communication by asking others more specific questions about their feelings and experiences. “What has been the best part of your day?”, “What have you been struggling with today?”, “What do you feel like you need (from me or others) to make today better?”. These and other questions are much more specific and effective than the general question of, “How are you?” or “How’s it going?”

Similarly, asking these more specific questions allows us to have this type of dynamic in our relationships. At best, it teaches others to ask these types of questions to us in return, and at the least, it presents the opportunity for us to respond to other’s answers about the best or most difficult part of their day with our response to these questions. Both way, it’s a win-win and everyone gets their feelings heard.