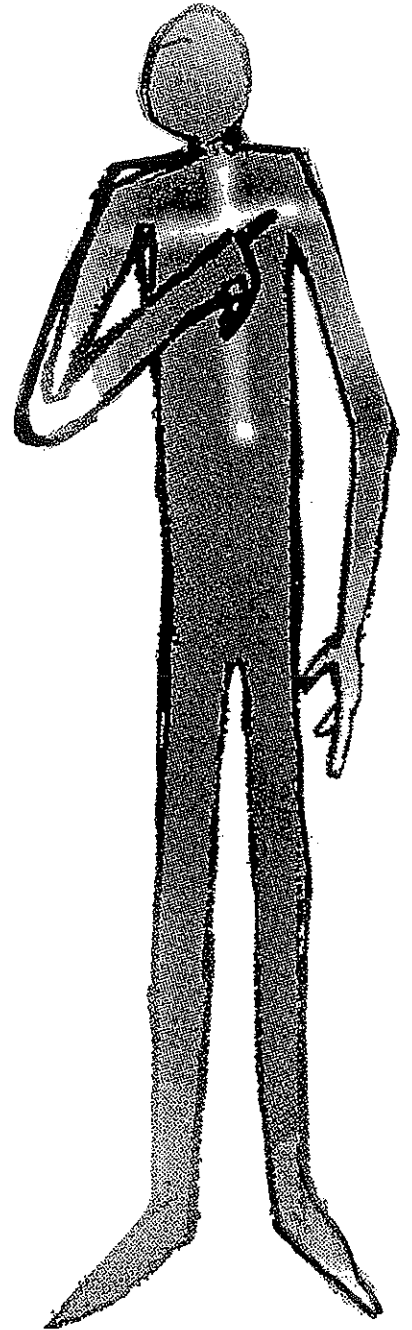


*The ten steps
for bringing
your children
up in the
Catholic Faith*



Bringing your children up in the Catholic faith can be very easy and very enjoyable for both parents and children. Here are some suggestions to help you in this task.

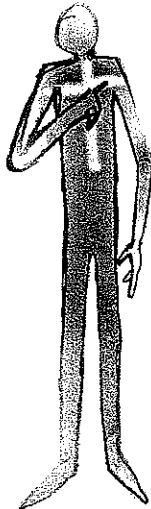
The ten steps for bringing your children up in the Catholic Faith

1. There are many things that parents can do with their children to pass the Catholic Faith onto them. Children learn through example, they watch their parent's practicing their Catholic Faith by going to Mass and Confession and praying in the home as a Catholic family and of being proud to be a Catholic.
2. Children also learn by experiencing the Catholic Faith, by coming to Mass and experiencing the traditions and devotions of the Catholic Church, such as the saints and the Seasons of the Church.
3. There are five basic prayers that are the cornerstones to the Catholic Faith, which if prayed daily are soon learnt by your children and this can begin before they start school. "The Sign of the Cross", "the Our Father", the "Hail Mary", the "Glory be", the "Angels of God" prayer.

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. Amen.

When we make the Sign of the Cross, we use our right hand, and we start at our forehead, for the Father, then our right hand moves to our stomachs for the Son and then our right hand moves from the left shoulder to the right shoulder for the Holy Spirit and we say Amen, which ends this prayer.



The Lord's Prayer

Our Father in heaven hallowed be your name; your kingdom come; your will be done on earth as in heaven. Give us today our daily bread, and forgive us our sins as we forgive those who sin against us; save us from the time of trial and deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen

Guardian Angel Prayer

Angel of God, my guardian dear To whom God's love commits me here Ever this day (night) be at my side To light and guard, to rule and guide. Amen

An extra prayer

Grace

Bless us O Lord, bless this food, bless all who have gathered here. Bless those who have prepared this food, and may we always care for the hungry. We ask this through Christ our Lord. Amen.

4. The Home and Daily Prayer

Every home needs signs that the Catholic faith is important, daily reminders, such as holy pictures, statues of Mary, Jesus, St Joseph or any favourite saints and Crucifixes in each bedroom. These visible Catholic signs are also focuses for our daily prayer, reminders of heaven.

A set time for daily prayer is fundamental for every family. Some families pray after tea, or after the news has finished. Through daily prayer in the home, children will become familiar with all the basic prayers that all Catholics need to know. 'The Sign of the Cross', 'Our Father', 'Hail Mary' and the 'Glory Be'.

By praying the Rosary for example or at least a decade of the Rosary, children become used to praying daily and they will also learn about the mysteries of Jesus life. All children should own a set of Rosary beads.

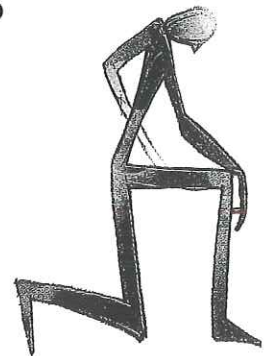
A daily reading of Scriptures can also be an important part of family prayer, with spontaneous prayers (Prayers of the Faithful). (The Lions Bible is a good Bible for children).

5. Visiting a Catholic church

There is a wonderful custom of visiting a Catholic church and spending a moment in prayer before the Blessed Sacrament, and praying for example the 'Our Father' with your children. These visits teach a reverence for the Eucharist, they learn how to genuflect correctly with their right knee and how to bless themselves with their right hand, before and after leaving the church. Catholic churches are more than places to have Mass in on Sunday, they are places of prayer. It is also important for parents to teach their children a sense of reverence for the church, a place where they don't run around and talk in.

Without this reverence for the church, the children will struggle to have a sense of reverence for the Eucharist.

By visiting the church, you can teach them about the tabernacle and the tabernacle light and the Stations of the Cross.



6. Besides going to Mass every Sunday or Saturday Vigil, which is a fundamental aspect of being a Catholic, children should be familiar with week day Mass and be used to going to Mass even when they are on holiday. (Older children can go to Mass on weekdays during their holidays)

They should have an idea of the sacrament of Reconciliation (Confession) from the example of their parents.

7. Weekly lessons and discussions

These are required for children to learn about their Catholic Faith, especially if they are not going to a Catholic School and even if they are, parents are still the first teachers of the Catholic Faith for their children. The teaching of the Catholic faith can be done very easily, with only a few resources and 15 or 20 minutes a week.

8. **How to do it.** The Children's Bible is the best place to begin. "The Lions Children's Bible" has selected many of the main stories from the bible and by reading these daily as a part of family prayer or weekly as part of the lessons for your children in the Catholic faith. They will in a short time learn all of the main stories in the bible. This can be repeated every year, which is good way for your children to learn.

The following stories show what general things Catholic children should know, from both Old and New Testaments.

Creation and Adam and Eve

Noah and the ark

The Tower of Babel

Moses

The fight into Egypt

Samson

The Ten Commandments (Exodus 19-24,32-34)

Jesus birth

John the Baptist

Feeding of the 5000

Prodigal Son

Last Supper

Crucifixion

Resurrection

(just to name a few)

They need to learn about the commandments and the beatitudes. Be able to name all the Gospels. (Matthew, Mark, Luke and John)

9. Besides the reading of the Scriptures children need to learn about the Catholic traditions, practices and the sacraments, which you will need to use other material to help you with this.

By using the Seasons of the Church (Advent, Christmastide, Ordinary Time, Lent and Eastertide), this gives parents opportunities to teaching their children about Jesus, his birth, life, death and Resurrection. A Columban Calendar will tell you what Season the Church is celebrating. For example during Lent come to the church and do the Stations of the Cross with your children. Bring your children to all the feasts days during Holy Week (Psalm Sunday, Holy Thursday, Good Friday and the Easter Vigil) and talk to your children about each of these important feast days and especially Christmas.

When praying with your children, they will learn about the Trinity. "We pray what we believe". But children would need to be familiar about the persons of the Trinity and this should be taught, and having a good general knowledge about God the Father, Son (Jesus) and the Holy Spirit. Know about the two natures of Jesus, (God and man). They should learn how Jesus was born, lived, died and about Jesus' Resurrection and Ascension.

The seven sacraments are also important to learn about too and be able to name them all. (Baptism, Eucharist, Confirmation, Reconciliation, Marriage, Ordination {Priesthood and the Pope}, and Anointing of the Sick.) If you are unable to talk to your children about each sacrament, "The Catholic Source Book" is a wonderful help for this.

10. Some other feast days: St Peter and St Paul (29th June) and John the Baptist's feast day, 24th June. They should know general knowledge about Mary (the mother of God), Saints and Angels They should know about their baptismal name (patron saint).

Other important feasts that shouldn't be overlooked are 'All Saints' (1st November) and especially 'All Souls' (2nd November). We have a very strong Catholic tradition of praying for those who have died. These are all opportunities to teach your children.

Resources:

An adult Bible, Children's Bible (The Loin Children's Bible) and the Good News Bible.

Catechism of the Catholic Church.

Columban Calendar

The Catholic Source Book (very good book)

Brown-Roa

By Rev. Peter Klein 2000

From Pleroma 0508 988 988

All the mysteries of the Rosary. (Joyful, Sorrowful, Glorious, Mysteries of the Light)

Weekday and Sunday Missal.

A Catechism of Christian Doctrine

From The Catholic Enquire Centre

140 Austin St, Mt Wellington

(04) 385 8518

What Catholics Believe

From The Catholic Enquire Centre

140 Austin St, Mt Wellington

(04) 385 8518

NZ Catholic

Marist Messenger

From 88 Hobson Street Wellington 1

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