

SACRAMENTS >>>

Sacraments are visible signs and divine actions that give us God's grace and allow us to share in his work. Baptism, Confirmation, and Eucharist initiate us into the Catholic Church. Reconciliation and Anointing of the Sick heal us when we are physically and spiritually hurting. We live our vocations in the Sacraments at the Service of Communion—Marriage and Holy Orders.

Describe your own sense of identity as a child of God.

Scripture



Add a reading from **Luke 24:13–32** to your family prayer at mealtime or in the evening. Share something about how you know that Jesus is with you on your faith journey.



LET'S TALK >>>

- How do you feel when “The Body of Christ” is said to you before receiving the Eucharist? (If your child hasn't received the Sacrament yet, help them anticipate this moment.)
- How have you recently experienced reconciliation or healing (with God, family members, or friends)?
- How does the Eucharist nourish you spiritually?
- The Gospel compels Catholics to act. How does your family bring the Gospel to others? How do you serve others?
- What gifts have you been given that help you live out your vocation?
- What are some ways in which the Christian family is like the Church?

Share By our Baptism, we share in God's mission. God calls us by name. Parents, share with your child the meaning of his/her name and/or why you chose this name.

Expand Together, discuss a Saint (or Saints) you feel drawn to and who gives witness to the faith. Start exploring the lives of the Saints with your child in the years leading up to his or her Confirmation.

Catholics Believe

- By our Baptism, we all share in the Church's mission to announce the Good News of God's Kingdom.
- The Sacraments of Initiation celebrate membership into the Catholic Church: Baptism, Confirmation, and Eucharist.
- Confirmation perfects the grace of Baptism and seals us with the Gifts of the Holy Spirit.
- The Eucharist is the Sacrament in which Jesus shares himself and the bread and wine become his Body and Blood.
- The Mass is central to Catholic life because it unites Christ's followers more closely to him and to one another.

- Jesus Christ, the Bread of Life, received in the Eucharist, offers lasting spiritual nourishment and the promise of eternal life.
- In the Sacraments of Healing, God's forgiveness and healing are given to those suffering physical and spiritual sickness.
- Conversion involves turning away from sin and responding to God's love and forgiveness.
- Sacraments at the Service of Communion celebrate people's commitment to serve God and the community and help build up the People of God.

To learn more, go to the *Catechism of the Catholic Church*, #1127–1131, 1322–1324, 1427–1428, 1469, 1532 at uscgb.org.

THE PRACTICE OF EXAMEN >>>

Bring the Practice Home

In our Family + Faith Session, we walked through a modified *Examen*. Explore the practice at home:

Be aware of God's presence. Make a game of this for your child. Where do we see God at work in our lives?

Review the day with gratitude. Encourage family members to write regular notes of gratitude and post them on the refrigerator.

Pray about the day. Reflect on the day and what actions could have been avoided or improved. Pray for God's help to do better tomorrow.

Discuss what it means to be contrite (or sorry). Say an Act of Contrition together.

LET'S PRAY >>>



Loving God, we thank you for the Sacraments. Let our participation in the Sacraments bring us ever closer to you. Then send us forth to bring your love to others. We ask this through Jesus Christ our Lord. Amen!



PEOPLE OF FAITH >>>

Saint Ignatius of Loyola

1491-1556

July 31



Saint Ignatius of Loyola was born to a wealthy family. He joined the army at the age of seventeen and was injured by a cannonball in 1521.

During his recovery, he read a book about the life of Christ and a book about the Saints, which inspired him to follow the way of Christ. He committed his life to Christ and founded the religious order known as the Society for Jesus, or more commonly known as the Jesuits. (Pope Francis is our first Jesuit Pope.)

Saint Ignatius developed the *Spiritual Exercises*, including his *Examen* technique, which is still used by many people today. The *Spiritual Exercises* are made up of prayers, meditations, and contemplative practices designed to help people deepen their relationship with God.

Consider Name the ways you talk to Jesus. How do you deepen your friendship with Jesus?

Aa

Discuss The *Spiritual Exercises* emphasize our need for silence. How can solitude and quiet help us hear God's voice?

Aa



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.

IN THE HOME AND IN THE COMMUNITY >>>

The Church speaks of the beauty of the Sacrament of Marriage and its gift of love to the Church. She also values the family's part in the building up of the Church. Pope Saint John Paul II wrote of that love in his Apostolic Exhortation, *Familiaris Consortio*: "When they become parents, spouses receive from God the gift of a new responsibility. Their parental love is called to become for the children the visible sign of the very love of God, 'from whom every family in heaven and on earth is named.' [Eph 3:15]" (14).

"Christian marriage and the Christian family build up the Church."

—*Familiaris Consortio*, 15

In family life, we also see the example of what it means to live in community together, loving one another, serving one another, and forgiving one another. How does your family work toward peace, love, and reconciliation with one another? Within your community?

"The Church thus finds in the family, born from the sacrament, the cradle and the setting in which she can enter the human generations, and where these in their turn can enter the Church."

—*Familiaris Consortio*, 15



Use this customizable form to type in (or write) important parish information: Mass times, prayers, stewardship and service opportunities, and ministry events. This is a great tool for encouraging families to get involved in parish life.

PROFESSION OF FAITH >>>

LITURGY & SACRAMENTS >>>

LIFE IN CHRIST >>>

PRAYER >>>