

### TRINITY >>>

This month, your child is learning about one of the Church's greatest mysteries: the Holy Trinity. As your child grows in understanding, you, too, will be invited to deepen your own faith and strengthen the Catholic identity of your family.

*The Sign of the Cross is, on its own, a very powerful prayer, calling on the power of the Trinity. When do we make the Sign of the Cross?*

### Scripture



Add a reading from **Matthew 28:16–20** to your family prayer at mealtime or in the evening. Share something about how each of you can live out your baptismal promises; recall details of your children's Baptisms.



### LET'S TALK >>>

- Share with your children what you remember about the first time you saw them, held them, fed them, etc.
- Tell your child about his/her Baptism and how it was special.
- Tell your children why it was important to you to have them baptized.
- Share with your children what you most remember about growing up Catholic or, if you are a convert to the faith, about becoming Catholic.
- Or share a special childhood memory about a Church season or feast day and discuss some ways your family can celebrate the current or upcoming season.
- Tell your child your favorite thing about being Catholic.
- Share how God has blessed your family and how your family members are a blessing to one another.
- Ask your child to tell you one way we honor God in our lives.
- Talk about how your family keeps the Lord's Day.
- Talk to your child about what it means to treat people with dignity.

### Catholics Believe

- The mystery of the Most Holy Trinity is the central mystery of Christian faith and life.
- A mystery is a truth that is difficult to perceive or understand with our senses, but is known through faith and through signs.
- The Holy Trinity is God the Father, God the Son, and God the Holy Spirit, the three Divine Persons in one God.
- Jesus is the Son of God who shows us the way to his Father.
- God the Father loves us so much he sent his only Son to be with us.
- The Holy Family of Jesus, Mary, and Joseph lived in Nazareth, where Jesus grew up, learning and praying.
- Signs of love are expressed in families.
- Human dignity comes from being made in God's image and likeness, with the ability to love, think, and make choices.
- The mission of God the Son and the Holy Spirit is to bring all people into the love of the Holy Trinity.
- Our love of our neighbor reflects the love of the Holy Trinity.

To learn more, go to the *Catechism of the Catholic Church*, #104, 120, 138, 253-254, 422-426, 532-533, 546, 605, 1655-1657, 1696-1698, 1822, 1844 at [usccb.org](http://usccb.org).

## SACRED PRAYER SPACE >>>

### Be Intentional About Praying at Home

This month, as we learn about the Trinity, be intentional about praying at your sacred prayer space at home. Together as a family, make the Sign of the Cross, recognizing the power of calling upon God the Father, God the Son, and God the Holy Spirit. Continue the prayer that you began at the end of the Family + Faith Session, remembering the communion we are baptized into, the Holy Trinity, and those who are part of our faith community and our families.

Throughout this month, write one (or more) prayer(s) on strips of paper. The prayer should be for someone in your family or faith community, someone who has fanned your faith, or someone who needs prayers for a stronger faith. Place these prayers at the cross (or in a basket or dish) in your prayer space, and review these prayers on Sundays as you attend Mass. When we are called upon to offer prayers for others, or when we pray for the intentions in our heart, remember these prayers.

## LET'S PRAY >>>



Dear God, help us always live in peace and work for the good of each person in our family. We ask this in the name of the Father, and of the Son, and of the Holy Spirit. Amen. (Make the Sign of the Cross with your child.)



## PEOPLE OF FAITH >>>

*Saint Teresa Benedicta of the Cross,*  
1891-1942  
August 9



Saint Teresa Benedicta was born Edith Stein. She was born into a prominent Jewish family, but abandoned her Jewish faith when she was a teen. Years later, Edith was so captivated by reading the autobiography of Saint Teresa of Ávila that she began a spiritual journey that led to her Baptism in 1922. Twelve years later, she followed in Saint Teresa's footsteps by becoming a Carmelite and taking the name Teresa Benedicta of the Cross.

Teresa Benedicta and her sister Rosa died in a gas chamber in Auschwitz on August 9, 1942. Pope Saint John Paul II beatified Teresa Benedicta in 1987 and canonized her twelve years later.

**Discuss** Saint Teresa Benedicta of the Cross was a brave witness to our faith. How can you be a witness to our faith in your everyday life?

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For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

### IN THE HOME AND IN THE COMMUNITY >>>

Jesus commanded his disciples go and make disciples. Through our own Baptism, we, too, are called to make disciples. Most of us will not be called to travel to “all nations” to do so. For most of us, this call will be to make disciples in our own homes. As Mother Teresa said, we have to start with those closest to us. Parenting really is at the heart of discipleship.

Scripture supports this. The Great Commandment tells us to love the Lord our God with all our heart, with all our being, and with all our strength. Read Deuteronomy 6:4–9 to your children, and remind them of these words often. Model this love at home and in your community.

In our prayer, in the making of the Sign of the Cross, in our praise and worship, in our attending and participating in the liturgy, we repeat all of this to our children. Our children watch us, and they will learn, as they do what we do.

**“... love the LORD, your God, with your whole heart, and with your whole being, and with your whole strength. Take to heart these words which I command you today ...”**

—Deuteronomy 6:4–9



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 >>>