



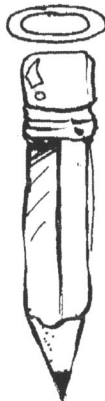
St. Thomas the Apostle School  
Mrs. Deanne Roy, Principal



## Thoughtful Moments

### Religious education

During the new school year, treat faith formation and religious education with the same importance as your child's academic education. Be sure to supervise religion homework or assignments. Reading, writing, and religion are important life skills your children will always need.



### Heal together

The most effective way to convince our children of the value of the Sacrament of Reconciliation is to seek it ourselves. If you haven't been to Confession in a while, your priest will be happy to remind you of how it is done. Welcoming a penitent sinner back to God's forgiveness is one of a priest's greatest joys.

### Volunteer early

Getting children involved in parish life makes it more likely that they will want to come to Mass regularly. Ask if young children can perform small jobs such as handing out bulletins or acting as greeters. Even minor roles can help children feel a part of the parish, too.



## Make your family top priority

Strong schools, sports teams, and hobbies all make important contributions in our children's lives. Experts agree, however, that the most important lessons come from loving parents who spend time with their children. The best way to make family time a priority is to schedule it and make it happen.

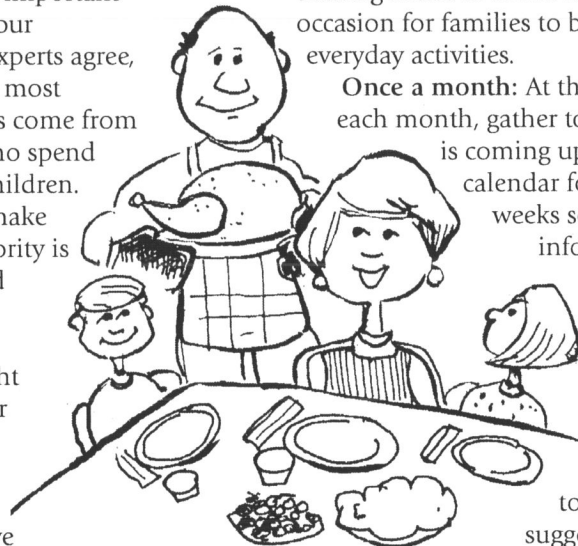
**Once a week:** Dedicate one night each week to your family. Make it something fun like playing board games, have a talent show so children can demonstrate progress in music or dance lessons, make popcorn and watch a movie from the library. Protect it on the calendar and let nothing interfere.

**Several times a week:** Bring your family together at mealtime whether for

microwaved or home-cooked dinners. Sharing meals at home creates an occasion for families to bond over everyday activities.

**Once a month:** At the beginning of each month, gather to review what is coming up on the calendar for the next few weeks so all are informed. Also discuss family issues and problems. Let each person be allowed to bring up topics or give suggestions for solutions.

**Once in a while:** Introduce a learning opportunity. Have a short lesson to teach a virtue or a life skill you want your children to learn. Or, bring home an outsider such as a priest or sister to visit and learn from.

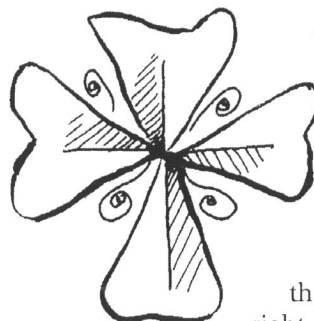


## Why Do Catholics Do That?

To help us live a holy life each day, the Catholic Church has identified four necessary virtues we all need to acquire, called Cardinal Virtues.

They are: *temperance* – the virtue that helps us to control our impulses and desires, *justice* – to help

## What are the Cardinal Virtues?



us respect the rights of others and give God his due, *fortitude* – which gives us the resolve to resist temptation and the courage to do right, and *prudence* – the virtue that helps us to make the right choices.