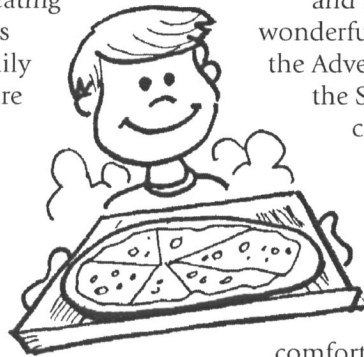


The value of family traditions

Spending time together as a family and creating a sense of belonging strengthens our families while our children grow up. That's what family traditions are – the handing down of a culture that binds us together. Traditions make our family unique and provide understanding, continuity, closeness, and appreciation for one another. Consider enriching your own family with three kinds of traditions:

Celebration Traditions: These are the activities built around special occasions that call for a celebration, such as birthdays, anniversaries, graduations, or holidays. Christmas



and Easter, and the seasons that precede them, are wonderful opportunities to practice traditions: lighting the Advent wreath, trimming the Christmas tree, praying the Stations of the Cross, or lighting the Easter candle.

Lifestyle Traditions: Special ways your family can come together, such as pizza night on Fridays, monthly family meetings, or weekly breakfasts before Mass on Sunday mornings.

Patterned Family Traditions: Everyday events that give your lives stability and comfort – saying grace before meals, stories and prayers at bedtime, family dinners, a kiss before starting the day.

Scripture LESSON

Matthew 23:1-12, Do I practice what I preach?

In this passage, Jesus accused the Pharisees and scribes of hypocrisy. He pointed out that although they may have faithfully taught what Moses handed down from God, they acted as if they were better than the people they served.

Jesus' message serves as a warning to all leaders, especially those in our governments and in our Church. While he tells us to follow their faithful teachings, we should remember that they are human and can err.

This warning is a message that applies to all of us. When we are dealing with



family, friends, coworkers, and neighbors, Jesus' message in this Gospel instructs us to practice what we preach. When we exalt ourselves, we move away from God. When

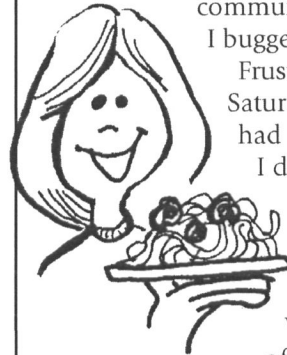
we humble ourselves, God will exalt us in heaven.

What can a parent do?

Remember that children watch their parents. They learn more from what a parent does than what a parent says. Striving to show how to live a Godly life is more important than telling a child what to do.

Parent TALK

When Julia turned twelve, she stopped talking much about school, expressing her feelings or engaging in any real communication unless I bugged her.



Frustrated, one Saturday I told her we had a special project.

I decided she was old enough to learn the family recipe for homemade pasta. We broke out bags of flour, cracked eggs and dusted off the pasta machine. Soon we were up to our elbows in dough.

We both laughed more that day than we had in months. And we talked for hours as we slowly cranked out tables full of spaghetti. Without even asking, I heard all about school, her friends, and her life. Now we make pasta once every six weeks or so and we both look forward to that special time.

My Grandmother always said that pasta has a way of bringing people together. Now I realize the true wisdom in her words.

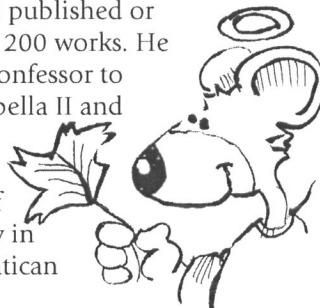
Feasts & Celebrations

October 14 – St. Callistus I (222). Born a Roman slave, Callistus was ordained a deacon by Pope Zephyrinus, whom he later succeeded. Callistus's election caused an eighteen-year schismatic movement. He fought against heresy and showed forgiveness toward sinners. He was martyred in Rome.

October 20 – St. Paul of the Cross (1775). Born in Italy to a poor noble family, St. Paul was inspired by a vision to start a religious order dedicated to the Passion of Christ. He founded the Passionists in 1720 and was elected superior general of the

order. He lived a penitential life and cared for the poor and sick.

October 24 – St. Anthony Mary Claret (1870). Born in Spain, St. Anthony traveled and preached in Catalonia before becoming the archbishop of Cuba. In 1849, he founded the Claretian orders. He also founded the Religious Publishing House and published or wrote over 200 works. He served as confessor to Queen Isabella II and defended the doctrine of infallibility in the First Vatican Council.



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