



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



Thoughtful Moments

A new year begins

Each year the Church begins a new liturgical year on the Sunday closest to the feast of the apostle Andrew (November 30). This year the first Sunday of Advent is November 27th. We begin Year B in the liturgical cycle.



A family meal

After-school activities and work schedules can render family dinners a thing of the past. Yet, coming together over a meal several times a week is the best way to stay connected, and reinforce family values. If dinner time isn't practical, try substituting family breakfasts or bedtime snacks. The important thing is to do it regularly and as a family.

All Saints Day

In the early Church, parishes often celebrated a different saint or martyr each day. Persecution of the Church led to more saints and martyrs than days of the calendar, so Pope Gregory IV initiated Nov. 1st as All Saints Day. It is a holy day of obligation.



Let the saints put your children on the right path

Cardinal Virtues are four virtues the Church has identified that will help us get to Heaven. When we teach our children to live by these virtues, we put them on the right path. Try explaining these virtues using saints as examples.

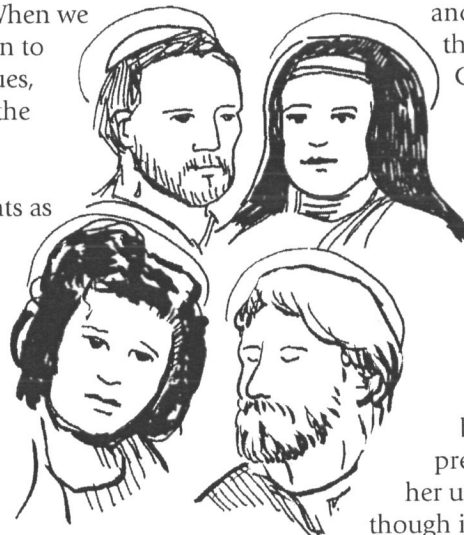
Temperance – This virtue teaches moderation and self-discipline. St. Therese of Liseieux got everything she wanted as a child. Through temperance, she gave up her selfish ways and put her trust in Jesus. She is known for doing little things with great love.

Justice – Justice teaches us to respect the rights of others. St. Peter Claver used to meet the ships docking in Columbia

burdened with people to be sold as slaves. He brought the passengers food and medicine and assured them of their dignity and God's love. He baptized almost 300,000 slaves.

Fortitude – This virtue gives us the courage to do what is right despite difficult circumstances. St. Gianna Beretta Molla was a pediatrician and mother. When she became ill while pregnant, she refused to end her unborn child's life even though it meant her certain death.

Prudence – St. Joseph, the husband of Mary, demonstrated the virtue of prudence – making the right choices to do good. He followed the instructions of the angel and married Mary, fled to Egypt to protect his family, and was a faithful husband and father.

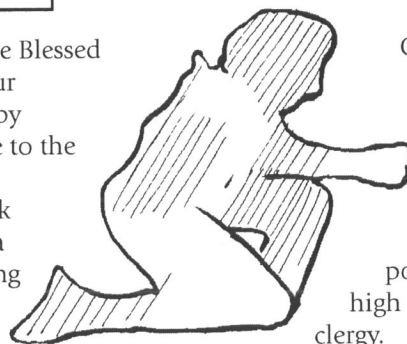


Why Do Catholics Do That?

Why do we genuflect on the right knee?

In the presence of the Blessed Sacrament we show our respect and reverence by bending the right knee to the floor. The practice of genuflection dates back thousands of years as a sign of respect for a king or emperor.

In the Catholic



Church, we reserve the right knee for the Blessed Sacrament.

The left knee is used when genuflecting as a formal greeting for a prelate such as a pope, bishop, or other high ranking member of the clergy.