



*[If you haven't already, begin your meal with meal prayer, then take turns reading these boxes aloud, following the directions where applicable]*

### Family Promises

Last week we exalted the cross in our homes, our "domestic churches." While the parish is where we receive the sacraments and find help to grow in holiness, the day to day work of practicing holiness and following Jesus takes place in the home, our domestic church. We learn how to love God and love our neighbor through loving those we are closest to each day. If we are not careful, our words or actions may not always show the love we have for our family members. Pope Francis said that three key phrases of the family should be, "may I?," "thank you," and "I'm sorry." These help us to grow respect, gratitude, and forgiveness within our hearts and our homes. This week, we will take time to create standards or promises for how our family will treat one another, so that we can become a holy family together.

### Feast of St. Matthew

On Sept 21st we celebrate St Matthew, a tax collector who decided to follow Jesus. He wrote one of the Gospels that we read in the Bible, which tells the story of Jesus' life, death, and resurrection. In his Gospel, Matthew writes: "As Jesus passed ... he saw a man named Matthew sitting at the customs post. He said to him, "Follow me." And he got up and followed him." This short reading tells us a lot about Matthew - he was a man who kept his ears open and his heart open. Even though he could have earned a lot of money by ignoring Jesus and continuing to collect taxes, when Jesus spoke, Matthew listened and obeyed. *Optional: celebrate with chocolate coins, payday candy bars, or a real coin for each person to remind us of what Matthew knew: Jesus is the most valuable.*

### Discussion

*[This section provides questions to discuss while you eat. If you are home alone, try journaling your responses or turning them into a conversation with God. The questions are a spark and a guide for conversation, not a strict outline. The goal is to bring lively conversation about the faith into the home. Allow the Spirit to lead. If the conversation gets away from you or the little ones are squirmy, try to at least discuss the starred questions.]*

- When you hear the words "manners" or "etiquette" what comes to mind? How would you define it?
- Etiquette is the set of rules or customs that define acceptable behavior. What does this mean? Can you think of examples?
- \*Why are manners important?
- \*Recall our time together last week. What do you think went well? What could we do better?
- \*What etiquette or rules should our family follow? (If possible, take notes of any suggestions, to be used later)
- If everyone in the family followed these rules, what would life be like?

## Prayer to the Holy Family

*[Begin your activity time after dinner by praying this prayer together]*

Jesus, Mary and Joseph, in you we contemplate the splendor of true love, to you we turn with trust.

Holy Family of Nazareth, grant that our families too may be places of communion and prayer, authentic schools of the Gospel and small domestic Churches.

Holy Family of Nazareth, may families never again experience violence, rejection and division: may all who have been hurt or scandalized find ready comfort and healing.

Holy Family of Nazareth, make us once more mindful of the sacredness and inviolability of the family, and its beauty in God's plan.

Jesus, Mary and Joseph, graciously hear our prayer. Holy family of Nazareth, pray for us. Amen.

### Activity

*[For this activity section, you will need the promises worksheet - If you don't have a copy, you can download it on our website]*

Use the worksheet to help you brainstorm as a family what your family rules or standards are. Everyone should participate in brainstorming, selecting, and following the family "promises."

*[To click the links on this page, visit the COR page on our website]*

### Extras

Looking for more?

- Read more about St Matthew: <http://saintsresource.com/matthew-the-apostle>
- Watch the call of Matthew as depicted in Episode 7 of *Chosen* here (start at 15:00): <https://www.youtube.com/watch?v=5fldru4OUAo>
- Watch this segment (an 8 minute video aimed at parents, but kids could join in especially from minute 3:05 to the end) on FORMED.org for ideas to bring order to your family meal times - you might even add some "table rules" to your family promises (get a free account when you enter "St Augustine 405 4th St NW"): <https://watch.formed.org/videos/table-manners>

### Sacramental Life

If your child is preparing to receive the sacraments of First Reconciliation & First Communion or Confirmation this year, mark your calendars with the following dates to attend in person with your *whole* family:

*Oct 12 - ONLY Confirmation Families*  
*Nov 16 - ONLY Reconciliation/Communion Families*  
*Jan 11, Feb 8, Mar 8, Apr 12 - Reconciliation/Communion AND Confirmation Families*

Starting in October, those preparing for the sacraments will begin using journals; please stop by the parish office between 9/19-30 to pick up a journal for your child who is preparing - more details to come on how to use these.

### Looking Ahead

For Next Week, 9.28:

- Guide sheets will be provided in the bulletin and online
- There will be an additional activity sheet for next week, available to pick up at the parishes or download online
- Optional activity page packets to keep little ones busy are also available to pick up at the parishes or download online

Upcoming Events:

- Mark your calendars for our first parish-wide COR gathering on Wednesday, November 2, 2022 - more details to come!

