

Partners *in* FAITH™



Helping our children grow in their Catholic faith.

May 2026

Blessed Sacrament School

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Thoughtful Moments

St. Rita of Cascia

St. Rita always wanted to be a nun but was unwillingly married to a cruel man with a terrible temper. After eighteen years of patience and love, she was widowed. Following the deaths of her sons to illness, she entered the convent. She inspired those around her by her patience, kindness, and devotion. Once, she was graced with a share in Christ's Passion – a mysterious wound to her forehead, as if from a crown of thorns.



The Holy Spirit aids us

"Because he is so near to us, yet so unobtrusive, we should turn to the Holy Spirit instinctively in all our needs and ask him for his guidance and help. The Spirit comes to help us in our weakness...What more can we expect of God than that?"

St. John Paul II

"I will pray the Father, and he will give you another Counselor, to be with you forever" (John 14:16).



Family life when life doesn't go as planned

Mary and Joseph were probably surprised by much of what God asked of them. Yet they offer a model for those of us who are navigating uncertainty and change.

Adapt and adjust.

When they arrived in Bethlehem and found no place to stay (Luke 2:7), they did not give in to frustration. They adjusted, trusted God, and moved forward. In family life, this means facing disruptions with calm and flexibility, trusting that God can still bring good from the unexpected.

Prioritize what matters most. The Holy Family lived in quiet obedience to God, faithfully observing the tenets of their faith (Luke 2:39). For us, this looks like building a Christ-centered

rhythm: regular Mass, prayer, and a sincere effort to live the Gospel.

These choices shape the spiritual life of our homes.

Accept the crosses that come. Simeon's words to Mary, "*a sword will pierce your own soul*" (Luke 2:35),

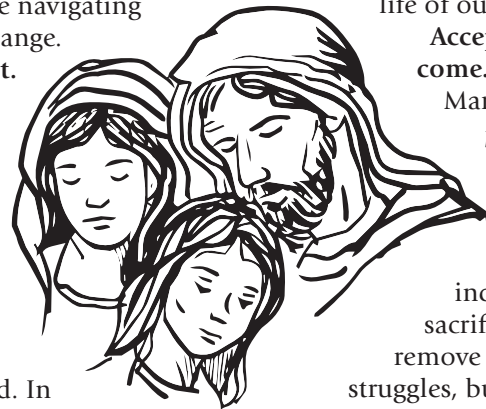
warned of future suffering. Her "yes" to God

included both joy and sacrifice. We cannot remove our children's struggles, but we can

accompany them with faith and trust in God's plan.

Remain open to God's call.

Children may feel drawn to paths we would not have chosen. Like Mary and Joseph, we are called to trust that God is at work in their lives and to support their vocation with openness and faith.

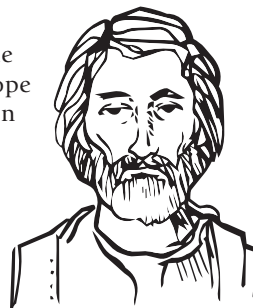


Why Do Catholics Do That ?

Why do Catholics honor St. Joseph in May?

The feast of Saint Joseph the Worker was established by Pope Pius XII in 1955 as a Christian response to secular labor movements observed on May 1.

The observance honors the dignity of work, exemplified by St. Joseph



and his foster son, Jesus, who provided for the Holy Family through honest labor. All work, no matter how simple, shares in God's care for creation (Genesis 2:15).

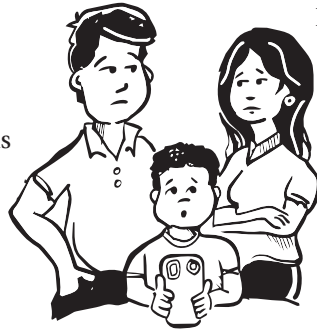
The feast calls us to respect and value those whose daily work sustains society.

Form children for safe screen habits

We cannot shield our children from every risk online, but we can form them to navigate them wisely. The goal is not only safety, but helping them to experience real community, identity, and belonging.

Be the first place they turn. Encourage children to come to you with their questions before turning to the internet or even peers. Respond calmly and honestly, in ways that fit their age. This builds trust and keeps communication open.

Pay attention to warning signs. Sudden



mood changes, withdrawal from usual activities, excessive screen time, or secrecy around devices can signal a problem. Use parental controls when needed, but don't rely on them alone.

Create clear boundaries. Establish screen-free spaces and times, such as during meals, family activities, or at church. These rhythms protect time for conversation and help children develop social skills.

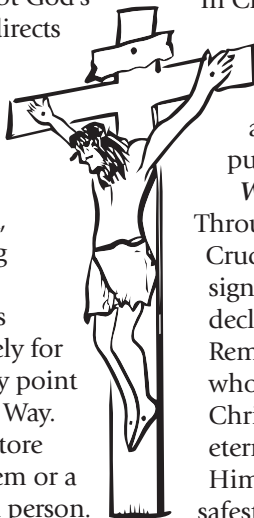
Prioritize real-world connection and service. Encourage involvement in family responsibilities, parish life, and acts of service. Experiences of helping others ground children in reality and foster a deeper sense of purpose and belonging.

Scripture LESSON

John 3:16-18, We are precious to God

When we're tempted to doubt God's love or presence, the Church directs our attention to the Crucifix. What can appear as mere punishment reveals, in truth, the full extent of divine love. In the suffering of Christ, Catholics recognize not defeat, but a deliberate and self-giving act of redemption.

God's love is not distant. It is proven in sacrifice, offered freely for our sake. Jesus does not simply point the way to salvation. He is the Way. When humanity could not restore itself, God did not send a system or a set of instructions. He came in person.



In Christ, God enters human suffering and transforms it from within, offering His life out of love, for love, and with unwavering purpose.

What can a parent do?

Through the Resurrection, the Crucifix becomes more than a sign of suffering. It stands as a declaration of victory and hope. Remind children that for those who entrust themselves to Him, Christ provides a sure path to eternal life. Remaining close to Him is not only faithful. It is the safest place we can be.

Parent TALK

When my mother died, we began visiting the cemetery regularly to pray for her. I noticed that some of the surrounding graves looked neglected. They had dead flowers or mildew obscured the



name on the stone. It was sad that the people buried there had no one to take care of their memorials.

Prior to our next trip, we picked up cleaning supplies. We spiffed up the tombstones and cleaned up the areas around the graves. We said a prayer over each tombstone we cleaned for the person it named.

"Why are we doing this?" Tessa asked. "The dead people won't care."

I explained that caring for graves and praying for the people they contain is considered "burying the dead" – one of the Corporal Works of Mercy the Church asks us to do for others. I reminded the children that whatever kindness we do for others, we do for Jesus.

Feasts & Celebrations

May 12 – St. Pancras (c. 304). Orphaned at an early age, he was brought by an uncle to Rome. Inspired by other Christians, they converted. St. Pancras was beheaded for refusing to sacrifice to idols during the reign of the Emperor Diocletian. St. Pancras was only fourteen years old.

May 13 – Our Lady of Fatima (1917). The Blessed Virgin Mary appeared to three shepherd children near Fatima, Portugal, and asked them to pray the Rosary for peace, for the end of World War I, for sinners, and for the conversion

of Russia.

May 14 - The Ascension of the Lord. This solemnity marks the completion of Jesus' mission of salvation and His triumphant entry into Heaven. *Note: In many dioceses, observance of Ascension has been moved to the following Sunday.*

May 31 – The Most Holy Trinity. Today, we honor the central mystery of our Faith. There is one God in three Persons: Father, Son, and Holy Spirit. Jesus revealed this mystery after the Resurrection (Matthew 28:19).



Our Mission

To help parents raise faithful Catholic children
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