



# 18TH SUNDAY IN ORDINARY TIME

610

Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." - Jn 6:32-33

#### **Sacraments**

#### **Weekend Mass Times**

Saturday Vigil 5:00 pm Sunday 7:30 am

> 9:00 am 11:30 am 6:00 pm

1st Sunday Spanish 1:30 pm

#### **Daily Mass Times**

Mon. - Fri. 6:30 am

8:15 am

#### Holy Day Mass Times

6:30 am 8:15 am 12:00 pm

7:00 pm

#### **Reconciliation / Confession**

Saturday 3 - 4:30 pm & by appointment

#### **All Other Sacraments**

Please call the office for information.

#### Clergy

Fr. Renier Siva

#### **Pastor**

Fr. Cleetus Karakkat

#### Parochial Vicar

William Goeke

Jim McFadden

#### **Deacons**

Fr. Ignatius Haran

**Pastor Emeritus** 

#### **Parish Office**

Mon.- Fri. 8:30 am- 4:30 pm 307 Montrose Drive, Folsom Phone: 916-985-2065

Website:

FolsomCatholic.org

Social Media:

@FolsomCatholic

#### Bulletin

FolsomCatholic.org/bulletin

Ads Due by 5pm
July 29
August 5
August 12

### Welcome to

### St. John the Baptist Catholic Church

We are a community where we welcome all as members of the Body of Christ.

We are welcoming, faithful, passionate, joyful, authentic,
sacramental, loving and charitable.

#### **Today's Readings**

Ex 16:2-4, 12-15 / Ps 78:3-4, 23-24, 25, 54 [24b] / Eph 4:17, 20-24 / Jn 6:24-35

"The Lord gave them bread from heaven." (Ps 78)

#### **Gospel Meditation**

"You cannot see the forest for the trees" is a widely known saying that can bring wisdom to our understanding of our journey. Often, our sight becomes limited to what is immediately before us. We lose touch with lessons and experiences from the past and promises and hope for the future. As human beings, we have the privilege of being able to choose things. What I like and don't like, want, and don't want can be major preoccupations of our minds and hearts. Our preferences and desires begin to define us more than the simple fact of our being. Who we are matters more than what we are or what we have. If we don't move beyond the external and superficial stuff to what really is of essence, we risk becoming very unsettled, disorientated, angry, and unhappy. We fail to see the bigger picture of hope and promise that lies ahead and the Divine Presence that has sustained and carried us before.

We like it when the "now" time of our lives satisfy us. Even the people who witnessed Jesus feed the five thousand got confused and distracted. It felt good when thousands of people were able to eat. They wanted to know what they could do to get this to happen again! But Jesus quickly reminds them that this is not the point of this sign. As much as the now time of our lives is of concern, it is not what is ultimately important. We need to learn the difference between being and doing, drawing more strength from who we are and who God is rather than what is happening around us and the choices we can make. Jesus is the true bread that came down from heaven. Jesus is the very incarnate presence of God who sustains life and assures us that we will not perish. This is not easy to understand and feel. We have to practice being in the presence of ourselves, others, creation, and God. We are brought to a holy place when we encounter the sacredness of being. This is real prayer.

Then, we learn to trust. It is when we cease trusting that we start to become afraid, uncertain, apprehensive, and doubtful, and overly self-concerned. We even start to grumble. God has our back. That is the essential powerful message of the living bread come down from heaven. God, who is alpha is also omega, the beginning and the end, and has everything in between in his care as well. A woman once remarked that her most powerful God moment happened when she and her husband cuddled with their new baby for a time. Without exchanging words and using only the affection communicated through sight and touch, they rested in being with each other. This brought them to the sacred, where they realized that a greater Being was with them. It was real. They knew that they were part of something bigger, intimate, and profound. When we rest in the Living Source of life, we will find that our souls are no longer hungry or thirsty.

#### **Scripture Reflections**

#### First Reading

Early in their Exodus journey, the Israelites expressed fear and frustration to Moses. God heard and responded to their "grumbling" by sending bread from heaven. When you have you experienced God answering your plea for help?

#### Second Reading

Paul told the Ephesians that as believers in Christ you should "put away" the bad parts of "your former way of life." How have you done this in your life as a believer in Christ?

#### Gospel

We hear today the introduction of Jesus' extended "bread of life" discourse. In referring back to the ancient Israelites who ate "manna" (bread) in the desert, Jesus tells the crowds: "I am the bread of life." How would you explain to someone how Jesus sustains you?



#### Releasing Grief from the Body Mass and Healing Ritual

August 14, 9 - 10:30 am Christ the King Passionist Retreat Center 6520 Van Maren Lane, Citrus Heights, CA Contact: Nicole Zamora Catholic Funeral and Cemetery Services 916-840-2138, info@cfcssacramento.org

Join us for Mass celebrated by Rev. Jack Conley C.P., Passionist Priest along with Deacon Mike and Chaplain Barb Turner. You will be invited to join us in releasing grief by speaking in one to two words your grief out loud as we wash your hands as Christ washed the feet of his disciples. Mass will be outside in the Marian Grotto. Event is hosted by Christ the King Passionist Retreat Center and Catholic Funeral & Cemetery Services of the Diocese of Sacramento. Advance reservation is requested. https://www.cfcssacramento.org/ events/releasinggrief/

#### Job Openings at the Diocese

Have you ever considered working for the Diocese of Sacramento? The Diocese of Sacramento is a place where you are able to grow your faith while serving the ministry and mission of the Bishop of Sacramento. As Catholics, we believe that all persons are called by God to contribute to the sanctification and transformation of the world, by fulfilling their own particular duties in the spirit of the Gospel and Christian discipleship. Listed below are openings that are currently seeking to be filled by our practicing Catholics.

- Director of Social Ministry, Catholic Charities and Social Concerns
- Executive Administrative, Bishop's Office
- Associate Director,

The Catholic Foundation

• Database Administrator,

The Catholic Foundation

- Program Coordinator,
- Davis Newman Center • Shared Services Accounts Receivable Clerk, Catholic Schools Department
- Bookkeeper and Admin., Radio Santisimo

To apply for a position, please email a short cover letter, resume, and application to personnel@scd.org. Positions are open until filled. For more information and complete job descriptions, visit www.scd.org/ employment.

#### **Religious Education** We Need You

We especially need help on Tuesdays! Contact: Shannon Langer 916-985-7338, slanger@folsomcatholic.org

> Volunteer as a catechist or share teaching as a co-catechist.

When considering whether or not to volunteer as a catechist, it's good to contemplate the Spiritual Works of Mercy. "Today more than ever we need men and women who, on the basis of their experience of accompanying others, are familiar with processes that call for prudence, understanding, patience and docility to the Spirit" (Joy of the Gospel, 171, Pope Francis) As a catechist, you model how to "bear wrongs patiently" when you try not to be critical; when you overlook another's mistakes and assume the best of others. It's a declaration of love for Jesus, for our younger brothers and sisters (and their families) in a world full of anger, violence and retribution. Help us build the Kingdom of God on earth! Training and support provided. Contact Shannon Langer.

#### Save The Date

**Knights of Columbus Soccer Challenge** September 11, Saturday, 9:00am St John the Baptist Soccer Field Contact: Knights Dick Phelan 916-221-0596 or Percy Park, 916-936-6145

Faith in Action - Community Program A Higher Purpose

Provide an athletic outlet for young people, boys and girls, ages 9 to 14 through penalty kick competition designed for players to demonstrate their skills. The Soccer Challenge is a great way for councils to engage in their communities with an athletic event for youth that encourages the values of sportsmanship and healthy competition. Children demonstrate the most important skill in soccer – shooting accuracy on the penalty kick – and compete to reach the international level of competition.

Please contact brother Knights Dick Phelan or Percy Park for your Soccer Application Form and/or more details.



#### **Mass Intentions**

#### Sunday, August 1st

7:30am Andrew Bower+
9:00am People of the Parish
11:30am James Siruno (birthday)
1:30pm Jose Manuel Reyes+ &

Roberto Varela+

6:00pm

#### Monday, August 2nd

6:30am The Philip Young Family 8:15am Theresa Montemayor (healing)

#### Tuesday, August 3rd

6:30am Catherine Squires

8:15am Tommy Nunez Valenzuela+

#### Wednesday, August 4th

6:30am Christina Bito (healing) 8:15am

#### Thursday, August 5th

6:30am 8:15am

#### Friday, August 6th

6:30am Baby Olamit 8:15am Family Mazari Haid

#### Saturday, August 7th

5:00pm Donald Koelfgen+

#### Observances We Celebrate This Week

Mon: St. Eusebius of Vercelli, St. Peter Julian Eymard Wed: St. John Vianney Thu: The Dedication of the Basilica of St. Mary Major

**Fri:** The Transfiguration of the Lord **Sat:** St. Sixtus II and Companions,

St. Cajetan

#### August is Dedicated to: The Immaculate Heart of Mary

# Pope Francis' Monthly Intention for August The Church

Let us pray for the Church, that She may receive from the Holy Spirit the grace and strength to reform herself in the light of the Gospel.

### Intercessory Prayers Prayers for the Sick

We pray for our sick parishioners, family and friends, and those in need of healing of the body and soul.

Arlis Himmelmann Karen Bookey Bonnie O'Dell Kimanh Davis Catherine Squire Larry Boushey Chris Cordova Lora Iliff Christopher Kovarik Lucy Tran Colleen Barler Margaret Kimball David Allingham Marelou Montemayor Dennis Barler Melvin Solie Eberado Madueno Minh Davis Evelyn Ronquillo Monica Heffel Geraldine Giacopazzi Randy Elliot Gloria Bladel & Family Roger Boushey Sheila Montemayor Joseph Cardenas Tom Rawson Joshua Weidinger

#### Prayers for Our Troops

We pray for our military personnel abroad and at home, and for their families.

Michael Dalupan

#### Prayers for the Recently Deceased

We pray for the souls of all who have died, our family members, friends, and parishioners. May they rest in peace.

Agrifino Angeles Alfonso Cruz Andrew Bower Bob McIntvre Carlos Henriquez David Fredericks Doris Hodge Esperanza Olson Garcia Fabian Generao Hilarion Aspera Janina Frys Jong Nam Han Karen Norris Luella Heney Luz Villamil-Hoyt Madeline Easton Maria M. Acosta

Maria Di Costanzo
Maria Novello
Marjorie Cutone
Marilyn Dorr
Martha Ritchey
Nona Piha
Norma Aley
Puspa Banka
Raul Edward Martin
Richard Legget
Robert Coughlin
Sister Mary Virginia,
RSM

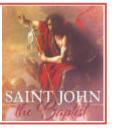
Soledad De Maria Urdaneta

Therese Brelivet Victorino Vargas William Heffel

#### **Prayer Requests**

Prayer requests for the sick, military or recently deceased may be made by calling our Parish Office. Names will appear for four months.

St. John the Baptist,
May we be strengthened by
your prayers and good
example as we prepare the
way for the healing power
of Jesus.





#### **The Adoration Chapel**

Chapel hours are: Mon-Fri 9am - 8pm, Sat 9am - 5pm and Sun 7am -11am

First Friday of every month Eucharistic Adoration: 9am to 7pm in the church

The Adoration Ministry has immediate need for dedicated adorers for these hours

Monday: 10 - 11 am 4 - 5 pm 5 - 6 pm 6 - 7 pm

Tuesday: 4-5 pm 6-7 pm

Wednesday: 1-2 pm 4-5 pm 6-7 pm 7-8 pm

Thursday: 9-10 am 1-2 pm 3-4 pm 4-5 pm 5-6 pm 6-7 pm

Friday: 10-11 am 11-12 pm 12-1 pm 1-2 pm 5-6 pm 6-7 pm 7-8 pm

1st Saturday: 11 - 12 pm 12 - 1 pm 1 - 2 pm 3 - 4 pm 4 - 5 pm

3rd Saturday: 10 - 11 am 12 - 1 pm 2 - 3 pm 3 - 4 pm

Sunday 8 - 9 am 9 - 10 am

To sign up please contact Veronica Thomas at thomas\_vera@yahoo.com

#### 40DaysforLife"365"

Contact: Wynette Sills, 916-955-1577 2322 Butano Drive, Sacramento Contact 40DaysForLife.com/Sacramento

May the Holy Spirit open eyes and hearts to the humanity of children in the womb. Help Save Lives in Sacramento! Come and see what miracles God has planned for you. Our focus is Tuesdays, 8am-4pm, busy surgical abortion days. Carpool from St. John's on Tuesdays, 1pm -3pm. Contact Joanne Dudgeon, 916-607-2228.

## Live Stream Mass scd.org/coronavirus/livestream-mass

Please visit the Diocesan page. It lists Parishes which are currently live streaming Sunday and Daily Masses.

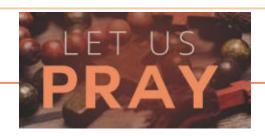
#### **Church Hours**

The church is no longer open all day. It will be open according to the scheduled Mass and Confession hours.

#### Confession

Saturdays: 3 - 4:30 pm and by appointment

Confessions at this time are offered outside of the confessional. We will continue a face to face format in a larger setting.



#### Covid-19: A Prayer of Solidarity

For all who have contracted coronavirus, We pray for care and healing.

For those who are particularly vulnerable, We pray for safety and protection.

For all who experience fear or anxiety, We pray for peace of mind and spirit.

For affected families who are facing difficult decisions between food on the table or public safety, We pray for policies that recognize their plight.

For those who do not have adequate health insurance, We pray that no family will face financial burdens alone.

For those who are afraid to access care due to immigration status,

We pray for recognition of the God-given dignity of all.

For our brothers and sisters around the world, We pray for shared solidarity.

For public officials and decision makers, We pray for wisdom and guidance.

Father, during this time may your Church be a sign of hope, comfort and love to all.

Grant peace. Grant comfort. Grant healing.
Be with us, Lord.
Amen.





#### **Breaking Open the Word**

Contact: Shannon Langer 916-985-7338

If you've attended 9:00 a.m. Mass in the past month, you've probably noticed a group of people being dismissed after the homily. These people are our parish catechumens who are preparing for (or considering) baptism. In this group we have one who has been preparing for baptism since last fall and a few others who are considering that step for themselves.

When a child over the age of reason (which is 7) or an adult starts to consider becoming Catholic, they go through the Rite of Christian Initiation for Adults (and Adapted for Children). Last fall, during an outdoor Mass, Indica participated in a Rite of Acceptance into the Order of Catechumen. She has been preparing for her baptism, confirmation and Eucharist since then. She is our official Catechumen (unbaptized). The others are starting the process of Pre-Catechumenate or Inquiry. They will make this official step when they feel ready.

Since they are not one in Baptism with us yet, they do not participate in the breaking of the bread (Eucharist) in the Church, but, instead, go to a room to break open the Word and learn what God is calling us to. They continue their Mass there and then take a short break before they continue to their official class time. Please keep them in your prayers!

(Incidentally, we are looking for people who love to share the Word of God who might be interested in becoming a Breaking Open the Word leader. It's simple and only lasts the half hour of Mass time! Guidance will be provided along with resources. Please prayerfully consider this ministry. For more information please give Shannon a call.

### **Praise and Worship**

August 11, Wednesday, 6:30pm, Church Contact: David Brauer dabrauer@hotmail.com

Join us for an evening of inspiring music and powerful prayer with Praise and Worship! Praise and Worship will meet in person in the Church. We hope you join us!

#### Youth & Young Adult Ministry

Contact: Aaron Santos (209)627-8621 asantos@folsomcatholic.org

We are "soft" launching our youth ministry groups - Edge and Lifeteen. Sunday, August 8 & 15, 3:30-5pm, Parish Hall. Please join us.

We are currently looking for volunteers to help with our youth ministry groups, Edge on Tuesdays and Lifeteen on Sundays.

If you are interested in our Young Adult Ministry, please contact Aaron.

### Practicing Graciousness in the Desert

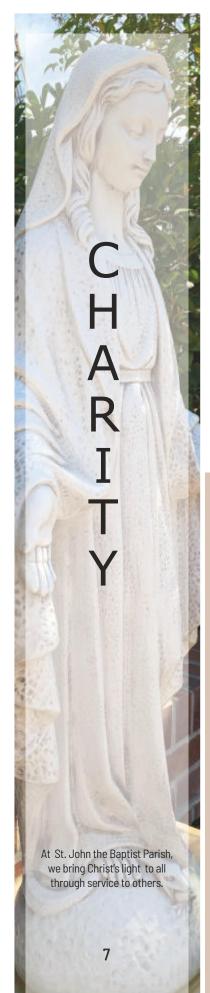
Looking back over my journey of parenthood, I know there were days when I traveled the extra mile for my children. I made their toast the way they like it, let them play in the park an extra ten minutes, or let them go to the movies with their friends and I finished up the chores on my own. And then, it happened: the attitude. The request for the smallest thing from one of them is met with disdain or bewilderment.

Sometimes you can be made breathless with the ingratitude of another person who takes so much and with so little shame, only to scoff at the idea that they, too, give even the smallest amount.

But if we're being honest with ourselves, we will admit that we do the exact same thing to God. Haven't we all been the Israelites in the desert at one point or another? God has parted our Red Sea in some way. He's led us out of some great trial, given us some great blessings. But then we run into a little resistance somewhere along the way and we throw up our hands. How could you do this to us, Lord? How could you ask this of us? No, I can't go any further. No, I won't do any more.

Persisting in the blindness to the many ways God continues to protect us is nothing short of a temper tantrum. It robs our Everyday Stewardship of its graciousness, of our ability to accept with joy the trials of life because we are also constantly aware of its blessings.

~ Tracy Earl Welliver, MTS



#### Stewardship of Treasure the Lord Has Entrusted to Us

Weekly goal: \$25,529.00 Weekly Offerings:

July 24/25 \$13,338

#### 2nd Collection

This weekend our second collection will be for our RE Program and SJND.

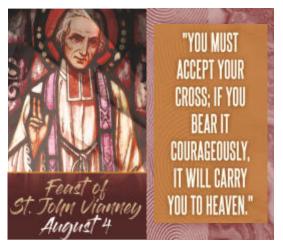
Next weekend our second collection will be for our Building & Maintenance Fund.

#### **Support Our Advertisers**

Our bulletin is an important way for the parish to continue to communicate with you. Through the paid advertising by the businesses listed in the back there is no cost to St. John for the bulletin. Let them know you appreciate their parish support.

#### **Inspiration for the Week**

When we lose our ability to trust, we become afraid. When we are afraid, we may begin to grumble and question whether where we are is where we need to be. For us who have faith, we even question whether God is who God says He is. Trust is so important to our success on our journey. Often, the road of our lives can become a bit treacherous. We may find ourselves feeling more unsettled than comfortable and less fulfilled than we would like to be. As much as we try, the pieces of our puzzle don't quite fit together as they ought. We wonder if we will ever experience happiness again. Then, something reminds us that God is very much present in this mess we call life. God is still bringing hope out of despair and life out of death. After all, God is the true bread that comes down from heaven to give life. All that is necessary is for us to trust in this truth, even when we may be lacking in some of life's essentials. The God who gives life is the same God who sustains it. He is also the same God who assures us that we will not perish.



#### Exodus Project - A Pathway to Re-Entry Get involved with Restorative Justice exodus-project.org 916-669-0611

Help those returning to their communities from Incarceration

A special works of Saint Vincent de Paul, Exodus Project offers spiritually-based mentorship and resources to men and women of all faiths coming out of incarceration in the Sacramento Area. Our resources include interim housing, employment services, clothing, and legal services. Exodus aims to be a bridge of support and compassion during the tenuous transition from incarceration back into the community.

#### Be a Force for Change

Exodus Project is looking for mentors to work one-on-one with people during the final months of their incarceration and for six months post-release. Men are matched with men and women are matched with women.

We are looking for mentors from all walks of life. Men and women who are criminal justice impacted or are in recovery are strongly encouraged to apply. Mentors offer non-judgemental listening, encouragement, and guidance. Mentors can also provide practical support with housing, healthcare, and employment.

It is a commitment of six to eight hours per month for a year. The 18-hour training is comprehensive and led in large part by returning citizens. Our next mentor training is scheduled to begin August 19, 2021. Visit our website, exodus-project.org. If you have any questions about becoming a mentor please email scastleman@svdp-sacramento.org or cienna@svdp-sacramento.org



#### **Sharing the Gospel**

Just one day earlier, Jesus multiplied five loaves of bread and two fish to feed over five thousand people. In today's Gospel, some of those people came looking for Jesus, hoping to get another free lunch. They didn't understand that Jesus wants all people to believe in him. Through faith in Jesus, you can live forever. In heaven you will never be hungry or thirsty again.

### To Mission for the Week

If you believe in Jesus, you can look to heaven one day. Read Revelation 21:3-7 with your family. Heaven will be wonderful!



Unscramble words from today's Gospel

FOOD THIRSTY MIRACLE		MANNA FAITH BREAD		LIFE HUNGRY COMES	
fodo	f	0	0	d	
mricael	<u>-</u>				
mnana	_		-		-
berad	_		_		
lfie	-	-	1 -	1-3	
cmose	_	-	_		
hnurgy	_	-	_		
fatih	_	_			
thritys					



God, fill me up with love for Jesus.





Our parish is enriched with many ministries, please consider learning about and engaging in one or more of our ministries. Call the contact listed or see a Minister of Hospitality after Mass.

#### **Welcoming Ministries**

**Communications Ministry** 

Parish Office, 916-985-2065

Ministers of Hospitality Shannon Bleeker, 916-200-8059

New Parishioner Welcoming Ministry

Joyce Starosciak, 916-740-4628

Ushers

Stanley Posis, 916-705-9192

#### **Prayer Ministries**

**Companioned Prayer** 

Dcn. Bill Goeke, 916-673-7996

**Divine Mercy Devotion/Cenacle** 

Zoeanne Tafolla, 707-333-7359

-Chaplet/Rosary/Morning Prayer

-Divine Mercy Chaplet/Mass

-Cenacle - Zoeanne Tafolla, 707-333-7359

-Cenacle-Spanish - Ana Haid, 916-956-1177

#### **Eucharistic Adoration**

Veronica Thomas, thomas\_vera@yahoo.com 1st Friday of the Month - 9am - 7pm (church), Sign Up for adorers is in the vestibule

### Marian Cenacle (Marian Movement of Priests Cenacle)

*-English* – 1st Saturday of the month Sally Gomez, 916-693-2411

-Spanish – 2nd Wednesday of the month Ana Haid, 916-956-1177

**Our Lady of Fatima** 

Henry Altamirano, 925-899-7769

### **Spiritual Growth Ministries**

**Adult Scripture Study** 

Lee & Teresa Weider, 916-983-8065

**Couples for Christ** 

Myrah Empleo, 661-993-4721

Praise & Worship

David Brauer, dabrauer@hotmail.com

**Religious Education** 

Shannon Langer, 916-985-7338

Rite of Christian Initiation for Adults (RCIA)

Shannon Langer, 916-985-7338

Theology on Tap

Aaron Santos, 916-985-2065

WINGS (Women in Growth Spiritually)

Parish Office, 916-985-2065

Youth/Young Adults Ministries

Aaron Santos, asantos@folsomcatholic.org

#### **Parish Committees/Councils**

**Finance Council** 

Joyce Starosciak, 916-740-4628

**Liturgy Committee** 

Barbara Bowden, 916-984-9476

**Pastoral Council** 

Shannon Frazier, 916-761-2912

#### **Outreach/Charity Ministries**

#### **Bereavement Hospitality/Receptions**

Nina Pucci, 916-947-6386

**Catholics for Life** 

Kathy Baxter, 916-337-6824

Gabriel Project

Debbie Sultan, 916-337-5786

**Grace Quilters Ministry** 

Catherine Scott, 831-402-4681

**Grupo Pastoral Hispano** 

Rommel Hernández, 530-387-1009

**Knights of Columbus** 

Hugo Schmidt, 916-817-4541

**Pastoral Care Ministry** 

Dan Dunne, 916-817-1675; Sunday Candice Ralston, 916-806-8090; Tuesday

Prayer Shawl Ministry

Catherine Scott, 831-402-4681

**Prison/Restorative Justice Ministry** 

-Folsom Prison - Fr. H. Gomez, 916-985-2561 x 4206

-CSP Sacramento - Greg Mellor,

Catholic Chaplain , 916-985-8610 x6425

School Ministry (St. John Notre Dame)

Keith Martin, Principal, 916-985-4129

**Senior Visitation** 

Charlene Agles, 916-984-9602

St. Vincent de Paul (Helping Hands)

Mercy Knight, 916-985-4630

### **Liturgical Ministries**

**Altar Servers** 

Hugo Schmidt, 916-817-4541

Children's Liturgy during Mass

Shannon Langer, 916-985-7338

**Extraord. Ministers of Holy Communion** 

Steve & Maryanne Ashley, 916-479-2214

Lectors

Patti Midtlyng, 916-837-8322

**Liturgical Environment** 

Arlette Peterson, 916-220-5968

**Music -** *See choir director after Mass.* 

#### **Additional Ministries**

Children's Babysitting at Mass

Georgia Oatmeyer, 916-201-3193

Family Fellowship

Carol Stephenson, 916-952-6744

Gift Shop

Connie Aley, 916-984-9284

Women's Game Day

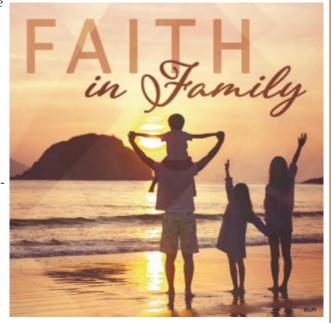
Roberta Puzio, 916-933-2561

#### What can I do to help our family practice our faith each day?

Some families practice their religion together as just another event on their schedule: go to church, observe Lent, help at the parish picnic, go to a meeting, volunteer time, make your confession, use your envelope... But the focus needs to be on who we are — God's people, in relationship with him, loved, forgiven, and redeemed, and called to

live and proclaim the Gospel. Our awareness of God's presence and our sense of mission are supported by the daily rituals, celebrations, and traditions that help us stay focused. Sharing our faith strengthens us and clarifies the beliefs and values of Christian living.

Daily family practices include time for prayer—before meals, before bed, before important meetings and activities. Attend Sunday Mass together and discuss the homily afterward. Create family celebrations for holy days and holidays. Make religion a regular part of your discussions. Include others, especially the elderly and the less fortunate, in your activities and charitable efforts. By applying the virtues of faith, hope, and love to each day, faith becomes part of who your family is. It influences how you act towards others, what you value, and how mindful of God you are. Faith is the leaven of life that helps all of us rise to our calling and dignity as God's people.









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