



the Parent LINK

Religious Education Program

JANUARY 2012



St. Alphonsus Parish



POWERSOURCE

ASK GOD:

1. For guidance as you set appropriate rules and boundaries.
2. To help you deal with rebellion in a calm, positive, and loving manner.
3. To forgive you when you rebel against God and his commands.

Deal With Rebellion Constructively

Because of sin, all of us rebel against authorities and God. As parents quickly discover, children are no exception. These little "angels" assert independence by rebelling against rules from a young age. But the Bible instructs parents to discipline children out of love, molding them into Christians who strive to obey God and respect other people. Use these strategies for dealing with rebellion as children grow:

- Birth to 2 years: Accept that God gives even newborns the ability to display unique temperaments. Provide lots of comfort and warmth.
- 3 to 4 years: Listen carefully and respond to children's physical and emotional needs. Explore what upsets them. Model Christ's love by giving kids affection.
- 5 to 7 years: Offer choices and clear consequences for disobedience. Balance your demands with warmth and reason.
- 8 to 12 years: Consistently enforce rules. Let children know you trust them, and praise them for a job well done. Evaluate tough situations and ask what kids can do differently next time.

INSIGHTS

- In a survey of 2,000 parents with children ages 2 to 11, 38% said they use the same discipline method as their own parents did.
- Parents report using the following discipline methods frequently: time-outs (42%), removal of privileges (41%), sending to bedroom (27%), yelling (13%), and spanking (9%).
- One-third of parents believe their discipline approach is ineffective.

(cpj.sagepub.com)

7 HABITS OF HIGHLY EFFECTIVE MASS GOERS

US Catholic magazine ran an article by this title in June. Excerpted here are questions related to participation the Mass: “Have you ever tried to have a conversation with someone who won’t respond? Or tried to dance with someone who won’t move/ What would happen if the outfielders just stood there and stared as the ball was hit deep into center?” Author David Phillipart notes that in all of these situations, the participation of each person is necessary for the event to be successful. We admit that the outfielder that won’t run and catch has little right to complain about the score. You can’t complain if you didn’t try. And the better you become at the task the greater your satisfaction.

Believe it or not, this is true of liturgy, too. In one sense, you take from liturgy what you put into it. When you participate in the liturgy fully consciously, and actively, you benefit more from it.

Sure sometimes you’ll be bored. Sometimes you’ll just go through the motions - that’s human nature. And it’s not a problem when it’s occasional. But if you strive to participate, most of the time your mind, heart, and body will be caught up in our great act of thanks.

This is true even when the liturgy is not enacted with care. Even if the music is out of tune and poorly accompanied, even if the prayers and readings are delivered as though they are being read for the first time, even if the homily is inane, it’s still possible to leave the celebration nourished and on fire. We may not be able to control how the liturgy is done, but we can control whether or not we listen with our hearts and sing our parts with gusto.

The good news is this: While we need to cooperate with Christ in celebrating the liturgy, the power of the Mass does not depend on us. Christ always and perfectly does his part. We need only to open ourselves up to Him and the Mass will “work”.

“Lift up your hearts!” the priest bids us at the very heart of the Mass itself. That’s the challenge: Put your heart into this. Liturgy is a divine-human affair. God always fulfills the “divine” part of the bargain. Make a resolution to do your part in this new year.

TEACHABLE MOMENTS

1. When You Were My Age— Share with children some of the rules you had to follow while growing up, whether they’re different from or similar to your current household rules. Then discuss some ways rules are good for us, even when we don’t like to follow them.

2. God’s Grace— While discussing people in the Bible who made bad choices and faced consequences, be sure to emphasize God’s grace, as well. For example, King David suffered greatly after sinning, but he sought—and received—God’s forgiveness.



3. Commandments 2.0— Work together to reword each of God’s Ten Commandments as a loving guideline from a loving God. For example, you may write, “Because I want you to be protected from religions that would mislead you, don’t have any other gods except me.”

MEDIA MADNESS

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MOVIES

Movie: *We Bought a Zoo*

Genre: Comedy, Drama

Rating: PG (for language and some thematic elements)

Cast: Matt Damon, Elle Fanning

Synopsis: After his wife dies, a father moves his family to a new home that comes with a struggling private zoo. The ensuing adventures help the family pull together and heal.

Our Take: Use this film, based on a real story, as a launching point to discuss challenges you've faced and overcome as a family.



MUSIC

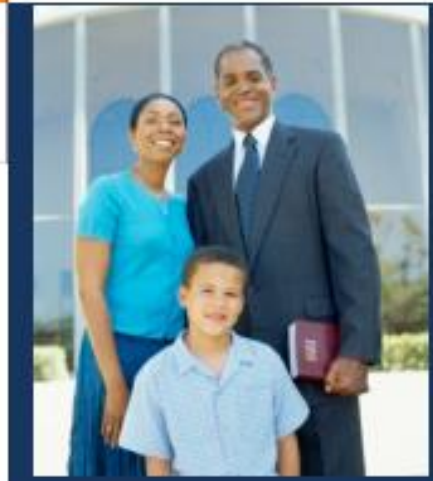
Artist: Rachel Chan

Album: *Go*

Artist Info: Rachel is the 15-year-old daughter of preacher and author Francis Chan.

Summary: Rachel's debut album addresses common struggles, such as disobeying parents. The song "Prove It" puts a "funny twist on what a godly relationship between father and daughter should look like," she says.

Our Take: Rachel's talent and boldness about her faith make her a positive influence on preteen music fans.



CULTURE & TRENDS

- Studies show that religious identity and the friends you make at church lead to happiness. The close interactions, researchers say, are what contribute to feelings of well-being. *(American Sociological Review)*
- Music stations such as Radio Disney acknowledge that parents are now a core part of their audience. They're reaching out to people who grew up listening to those tunes. Marketers say a mixture of genres has led to Radio Disney's longevity. *(reuters.com)*

GAMES, SITES & APPS

Title	Content	Rating & Platform
<i>Fortune Street</i>	Players move along a board, similar to Monopoly. They can choose to be a variety of characters and play on 15 different game boards.	E; Wii



Looking for weekly inspiration? Miss Mass this week, or the homily didn't quite do it for you? Take 15 mins. to listen to Fr. Robert Barren's weekly sermons at www.wordonfire.org. Fr Barren is the

host of the popular PBS television series "Catholicism". On this feast of the Epiphany, you can hear his take on the journey and purpose of the magi in their quest for the messiah at <http://www.wordonfire.org/WOF-Radio/Sermons/Sermon-574-Herod-and-the-Magi-Feast-of-the.aspx>

QUICK STATS

- As many as 10% of kids have an anxiety disorder. Experts recommend parents acknowledge feelings, provide plenty of down time, and encourage physical exercise and journaling. *(Dept. of Health & Human Services)*
- 71% of moms say they can't go more than a day without using the Internet. Meanwhile, 42% of children think their parents need to disconnect from technology more at home. *(parenting.com)*

Scenes from December



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day	2	3	4	5	6	7
8 RE Sessions 8:45-10:15 RE for Deaf 3:15-4:45	9 RE Sessions 4:30 - 6:00	10	11 RE Sessions 6:00 - 7:30	12	13	14
15 No Sessions 1:00 - 4:00 Confirmation Retreat	16 No Sessions 	17	18 No Sessions	19	20	21 <u>1st Reconciliation</u> 10:00 - Tr. A School 12:30 - Tracks B & C 5:00 - Confirma- tion Rite (Tr A & School)
22 RE Sessions 8:45-10:15 RE for Deaf 3:15-4:45 9:00 - Confir- mation Rite (Tr B & C	23 RE Sessions 4:30 - 6:00	24	25 RE Sessions 6:00 - 7:30	26	27 Teacher Institute Day	28
29 No Sessions YPM - 3rd 9:00 CLOW 11:00  Donut Sunday	30	31				