



# Una Fides

An Apostolate  
for Today's Catholic

- ◆ PRAYER
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*Newsletter*

*Since 2003*

## **Pope Francis' Prayer Intention for September:**

That Christians suffering persecution  
in many parts of the world may by their witness  
be prophets of Christ's love.



## Parental Guidance

As the children return to school, are you a bit nervous about the year ahead? Looking for some great parenting advice? Who better to turn to than the mother of a beloved saint! The mother of St. Therese of Lisieux, Zelig Martin, was herself recently beatified. Zelig's uplifting words and wisdom are featured in an article by Meg Matenaer for [www.CatholicMom.com](http://www.CatholicMom.com). Excerpts of this article can be found below:

### 4 Tips for Effective Mothering from St. Therese of Lisieux's mother

1. **Desire your kids' holiness more than anything else in the world, and keep after them like shine on glass rosary beads.** Blessed Zelig knew that nothing else works for the formation and conversion of children quite like the prayers of their doggedly determined mother. So clear from Celine Martin's account of Zelig's life in *The Mother of the Little Flower* is that her mother's one desire for this world was her children's holiness.
2. **Teach your children to pray and pray with them.** Celine writes "Mother took an active part in our education. I recollect how she always made us say our morning and evening prayers and taught us the following formula for the offering of the day: My God I give You my heart; please accept it that no creature, but You alone, my good Jesus, may possess it. "
3. **Teach your children the value of sacrifice.** Zelig used to tell her daughter whose sisters were begging for her things, "Give it away, my little girl, and you will have another pearl in your crown!" This type of training can transform a household. Zelig also encouraged her children to keep track of their sacrifices. Celine writes, "She accustomed us to obey through love to please the dear Jesus, to make small sacrifices for Him. We had a small kind of rosary to count these acts; it was composed of moveable beads which one could slide on a string."

4. **Talk about heaven with your children and make it clear that getting there is your family's number one priority.** Zelig wrote of her daughter, Leonie, "She hears so much talk about the next life, that she often refers to it herself, also."

Read more from Meg's article at:

<http://catholicmom.com/2011/10/12/4-tips-for-effective-mothering-from-blessed-zelig-martin/>

## Teaching Kids Virtue

In her book *Mothers of the Saints*, Wendy Leifed points out that each of these special mothers stressed the importance of teaching her children virtue. *The Catechism of the Catholic Church* defines virtue as "a habitual and firm disposition to do the good. It allows a person not only to perform good acts, but to give the best of himself."

Catholic psychologist Dr. Ray Guarendi, <http://drray.com/>, sees virtue training as an antidote to the negative influences of our contemporary culture. He points out that virtue must be developed. It involves teaching our children good habits, with virtue "being the accumulation of good habits over time." He emphasizes that for virtue training to be effective, parents must cultivate and practice virtue themselves.

The Diocese of La Crosse, Wisconsin, has developed a virtue-training program for parents to use at home with their children. Understanding and Living the Virtues can be found at their website:

[www.dioceseoflacrosse.com/ministry\\_resources/catechesis/](http://www.dioceseoflacrosse.com/ministry_resources/catechesis/)

Why not plan a weekly family night, highlighting a different virtue each week! This program gives all the content and resources that are needed... you just add the family members!

Other great suggestions come from Catholics United for the Faith. Read Mary Ann Budnik's article *Domestic Church: The Secret of a Happy Family* by going to:

[www.cuf.org/2011/07/domestic-church-the-secret-of-a-happy-family/](http://www.cuf.org/2011/07/domestic-church-the-secret-of-a-happy-family/)

The Catholic Toolbox has a word search on virtues. Find it at:

[www.mycatholicsource.com/mcs/pca/word\\_search\\_virtues.htm](http://www.mycatholicsource.com/mcs/pca/word_search_virtues.htm)

Finally; from the Dominican Sisters of St. Cecilia : *Evangelization and Catechesis*: Fully downloadable and free!! Those with children and grandchildren will want to take advantage of such a gift!

[www.nashvilledominican.org/Apostolate/Evangelization\\_and\\_Catechesis](http://www.nashvilledominican.org/Apostolate/Evangelization_and_Catechesis)

## How to Keep Your Kids Catholic

**Servant of God Father John Hardon** offers us this solid advice:

- \* Parents must be authentic Catholics themselves.
- \* Pray with and for them every day.
- \* Train them to understand what they believe.

### **How to Bind Your Family to Heaven Without Using Duct Tape**

How can anyone pass up this title! Catholic mom Stacy Trasancos shares how a beautiful ancient devotion, along with its promised heavenly graces, encouraged her tremendously during a particularly difficult time in her family. This is a must read for all parents, especially parents of teenagers!

[www.catholicsistas.com/2012/06/19/how-to-bind-your-family-to-heaven-without-using-duct-tape/](http://www.catholicsistas.com/2012/06/19/how-to-bind-your-family-to-heaven-without-using-duct-tape/)

### **And More Parenting Help**

**Dr. Gregory Popcak**, nationally recognized Catholic psychotherapist and author, addresses the painful topic "When Your Kids Reject the Faith." He shares insight into possible underlying issues and gives guidance to parents who are struggling with this difficult situation. [www.catholicexchange.com/i-dont-believe-in-god-anymore-when-your-kids-reject-the-faith/](http://www.catholicexchange.com/i-dont-believe-in-god-anymore-when-your-kids-reject-the-faith/)

Even in the 4th century, **St. John Chrysostom** acknowledged what a daunting task it is to raise happy and holy children. He often would weave parenting tips into deep theological homilies. St. Peter's List features eight of St. John Chrysostom's timeless guides on raising godly children at the following site: [www.stpeterslist.com/6057/8-quotes-from-st-john-chrysostom-on-how-to-raise-children/](http://www.stpeterslist.com/6057/8-quotes-from-st-john-chrysostom-on-how-to-raise-children/)



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embrace their faith through prayer, study, and fellowship

[www.UnaFides.com](http://www.UnaFides.com)