



Family Times at OLG



Our Lady of Guadalupe Parish, West Seattle

"A Parish with open arms and caring hearts!"

October 2022

- Autumn Changes
- Sacrament reminders: First Reconciliation, First Communion, and Confirmation
- Saints and "saints with tipped haloes" ----Saints' Traits Activity
- Family Activities
- Media: What is the impact of media images on our children's lives? On our lives?
- Worth Repeating: Jack O'Lantern Traditions
- Join our Creative Committee (one zoom meeting monthly)



Autumn Changes

Although the daytime weather has felt much more like summer, the crisp cool mornings and nights do give us the autumn warning of colder times ahead. The final harvesting of vegetable gardens, clipping of flowers, and the golden leaves as they begin to fall are signs of that change. The seasons are like the changes in our lives. We are ever changing and growing from year to year.

Family Discussion

- What do we remember from autumn last year? What did we really like? What are we looking forward to this year?
- Just like the seasons of the year, we change. How have we grown from last year? What have we learned?
- How can we be more aware of God's blessings as the season changes this autumn?

First Reconciliation, First Communion and Confirmation

Our groups for children preparing for First Reconciliation, First Communion and Confirmation have begun.

A reminder that for First Reconciliation and Eucharist children need to complete both the first-grade class and the second-grade class. These small groups began on October 9, so if you have not registered your child, you may still do so. See our registration information in on the Family Faith Formation page on our website or by contacting Helen Oesterle at the parish office 935-0358 ext.108.

The Confirmation age is now 7th grade. For more details, contact Sarah Riggio at the parish office 206 935 0358 ext. 115 sarahr@olgseattle.org.



Saints and saints with tipped haloes!

As Halloween approaches and the feast of All Souls and All Saints, take a few minutes to think about what we can learn from

- Saints: canonized saints that we celebrate in the church. They often lived in times and places quite different from ours. What can we still learn from them?
- Besides the saints, there are many good role models of our values in the world. Who are some everyday people or famous people who show us how to love God and love our neighbor as ourselves?
- Saints with tipped haloes: Through Jesus, we belong to the Communion of Saints. Yes, that means we are saints, but we are not perfect! (tipped haloes!) We do sin. We do miss the mark of holiness sometimes.

I am not perfect, but I am good, and I can do better!

This is a good reflection for us before Reconciliation when we ask God for forgiveness. It is also a good reflection for our daily lives.

Prayer to Be More Saintly

Lord Jesus help us to follow your example,
the example of the Saints,
and the example of holy people,
to be more saintly in our daily lives. Amen.

Holy Day:
November 1

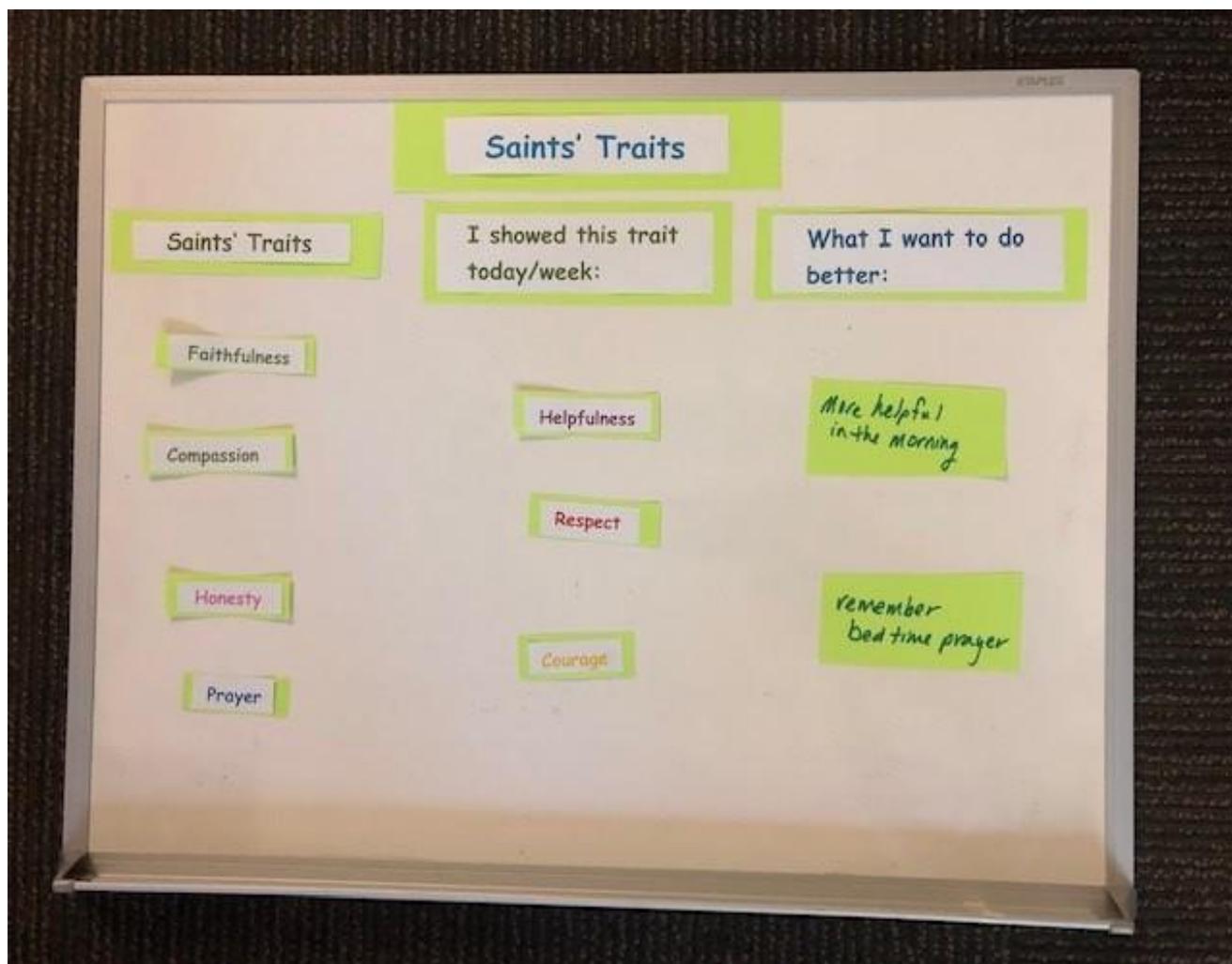
Solemnity of All
Saints



Family Activities

Saints Traits Poster or Magnetic Board

Using materials as simple as paper and tape or as elaborate as a magnetic board, create a Saints' Traits Board. As a family, on the left create a list of traits that you see in stories of Saints or from what we see Jesus say about how we should live. Then at the end of the day or week, take time as a family to reflect on what traits we did well (showed today) and what we can do better. By focusing on what we did well and how we want to improve, we keep the discussion positive. Building on the positive creates the desire to do better.



Ideas for Halloween

Service and treats: The week or weekend before Halloween, consider doing an act of service as a family and follow up with your favorite treats!

- Rake leaves for a neighbor
- Make Halloween decorations for others
- Collect food for St. Vincent DePaul and bring it to Mass on Sunday
- [From 10 Service Projects for Kids:](#) Create Love Bugs and Share: Find some river stones in your backyard or head to your local gardening store to purchase some. Use a waterproof acrylic paint pen and some googly eyes to create a sweet little “bug” on the stones.



Worth repeating!

From **Jack-O'-Lantern Traditions**
from 2020 Oct Family Times

How did Jack-O'-Lanterns become an American tradition and what does Halloween have to do with the saints? Halloween, a Christian term meaning “holy evening,” has its roots in the British Isles of ancient times. The Celts divided the year into two parts, summer and winter. October 31 was celebrated as the last day of summer. It was called “Samhain.” Meaning “summer end.”

It was believed that on the night of seasonal changes, the curtain between the living and the dead was particularly thin. Spirits could rise and roam the earth on this night. For protection, the Celts carved faces into turnips and other root vegetables and placed candles inside, hoping this eerie lantern would frighten off any bad spirits. Some people also wore costumes or masks to fool the spirits into thinking they too were spirits to be avoided.

When the Romans arrived, their customs of a harvest festival were added with an emphasis on apples. In the American colonies, pumpkins replaced root vegetables as they were in abundance. As with many other pre-Christian customs, Samhain became a Christian holiday. In 835, Pope Gregory IV sought to replace Samhain with All Saints’ Day, followed by All Souls’ Day

OUR LADY OF GUADALUPE CATHOLIC PARISH Today: What All Hallows’ Eve traditions have nurtured your faith as a family? All Hallows’ Eve is an occasion for celebrating the saints and can be a good time to start a tradition by choosing a saint as a family to be your prayer partner and learn your saint’s story. You can dress up as your saint for All Hallows’ Eve to teach others about those who loved God so much. For family discussion: - - Fill our hearts with gratitude and appreciation for the abundance in our lives! Share your thoughts, questions, and experiences as family.



Media and Our Values

What is the impact of media images on our children's lives?

On our lives?

Media Literacy Awareness Week is October 24-28. This is a good time for us to consider the impact media is having on our children and ourselves. With the rise in use of Internet and all its apps as well as video games, we tend to only to focus on them. However, all images, still or moving, impact our children, even preschoolers. Music does as well. What values do we want to instill in our children?

- Do the media they see and hear reinforce or contradict those values?
- This is not about turning off all media but rather how to manage it in our lives. How do we become the mediators for our children of media messages that do not reflect our values? How do we teach them to mediate these messages?

Family discussion:

Jesus said the most important commandment is to Love God with your whole heart and soul, and the second along side it is to love your neighbor as yourself.

- What does this tell us we should value?
- When we think of the shows we watch, which ones show these values? Which ones do not?
- When we think about apps we use on the Internet, which ones show these values? Which ones do not?
- What should we think about when we see shows or apps that do not reflect our values? What can we do?

Questions to ask about media.

The Center for Media Literacy lists five key questions to ask to be good media consumers and to mediate the messages media sends.

1. Who created this message?
2. What creative techniques are used to attract my attention?
3. How might different people understand this message differently from me?
4. What lifestyles, values and points of view are represented in; or omitted from, this message?
5. Why is this message being sent?

What questions can we add to this list? How can we practice asking these questions?

More Information: The Center for Media Literacy has put together a list of articles and resources for parents on helping children to be media literate:

<https://www.medialit.org/reading-room/media-literacy-home> Scroll down to "Media in the Lives of Children."



Join Our Children and Family Faith Formation (CFFF) Creativity Committee via Zoom!

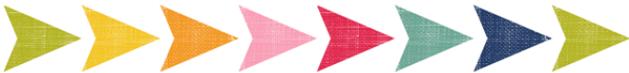
Do you have creative ideas to share? We are forming a creative committee that will brainstorm activities and ideas for our CFFF programs and newsletters. We will meet monthly via Zoom for a half hour to brainstorm and share ideas. Our first meeting is October 18 at 7pm. Email Molly Berger for Zoom details. mollyb@olgseattle.org

You will not be required to create the ideas...we just need your thinking! Of course, we would love your help if you have the time 😊

Feedback Please!

CFFF Feedback: Our program is designed to evolve and grow with the needs of our families. Please share ideas and give us feedback on this survey:

<https://forms.office.com/r/FUzeJPH92Z>



You can read and hear Sunday readings at any time!

Get them on your smart device!



*Read them at Pflaum.org [Here](#)
or listen to them at [daily readings](#)*

