




# Family Times at OLG



Our Lady of Guadalupe Parish, West Seattle

*"A Parish with open arms and caring hearts!"*

May 2023

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## Celebrating Mary

When we think of the life of Mary, what do we focus on? We may focus on her life as a young mother or on her sorrow at the foot of the cross. We may think of her appearances such as at Guadalupe or Fatima. We can learn so much from all aspects of Mary's life. Download this handout from our last Family Faith Sunday, to help your children understand what we can learn from Mary.

[Learning from the Life of Mary](http://bit.ly/lifeofmary) <http://bit.ly/lifeofmary>

We have many beautiful prayers honoring Mary and praying for her intercession. Some of them are included on page 5 of this newsletter.

# Thank You Lord for Mothers!

## A Mother's Love

There are times when only a mother's love  
Can understand our tears,  
Can soothe our disappoints  
And calm all of our fears.  
There are times when only a mother's love  
Can share the joy we feel  
When something we've dreamed about  
Quite suddenly is real.  
There are times when only a mother's faith  
Can help us on life's way  
And inspire in us the confidence  
We need from day to day.  
For a mother's heart and a mother's faith  
And a mother's steadfast love  
Were fashioned by the angels  
And sent from God above.

- *Author Unknown* from Jesuit Resources Online

## A Mother's Day Prayer

I said a Mother's Day prayer for you  
to thank the Lord above  
for blessing me with a lifetime  
of your tenderhearted love.  
I thanked God for the caring  
you've shown me through the years,  
for the closeness we've enjoyed  
in time of laughter and of tears.

And so, I thank you from the heart  
for all you've done for me  
and I bless the Lord for giving me  
the best mother there could be!

- *Author Unknown*

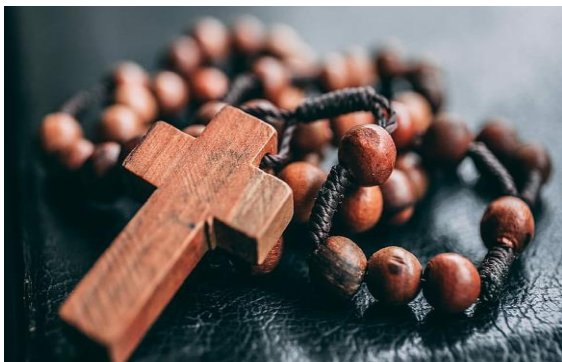
## Teaching Prayer

How do we teach children the practice of prayer, that prayer is not a just a special event with formal required words but rather a conversation with God that can happen anywhere, anytime? That prayer is not just talking but listening? How do we help them make prayer a normal part of their everyday life? As with all things, modeling from parents and guardians is the most effective way to develop prayer practices. Because of this, strengthening your own prayer practices and sharing them with your children is a powerful way for everyone to grow. The ideas listed here are a few ideas to help you with this. More will be added to our [Family Sharing Page](https://bit.ly/OLGFamilies). ( <https://bit.ly/OLGFamilies> )



- Teach children there are many types of prayer for different times and needs.
- Formal prayers that we memorize or hear at Mass
- Informal prayers where we simply talk to God in our own words
- Listening prayers such as listening to music, or sounds of nature, or to Bible verses, to learn what God is telling us
- Short and long prayers
- Teach informal prayer. For example:

- When we get up in the morning or in the car on the way to school: Good morning God. Bless our day. Help Tomas feel better. Help Mommy at her meeting. Help us all to be good and faithful.
- 5 fingers of prayer from Pope Francis is wonderful for children. See our Family Sharing Page.
- For teenagers and pre-teens, post short prayers on their bathroom mirror or the refrigerator.
- Teach gratitude: at dinner and special events, have each person share what they are grateful for that day.
- Read Bible passages together. Give time to stop and “listen” to what God is telling me and us. Share.
- Listen to music that has a spiritual message. Reflect and share.
- Sing! ---Even a simple refrain, Amen, or Alleluia from Mass.



## Help children understand the Rosary.

Mary gave us the Rosary as *a gift*. It is one type of prayer. It can help us to focus our prayer. The repetition of prayers in the Rosary can help us when finding our own words difficult. We can pray the Rosary by ourselves or with others.

### Ideas for teaching the Rosary

- Consider your child’s attention span. Start with practicing the prayers, then pray a decade and build to the full Rosary as they are ready.
- Stop and move as needed. We don’t want to lull the children into apathy or dread of the Rosary.
- Have the children lead the prayers.
- Have a variety of Rosaries for children to choose.
- Consider praying a decade of the Rosary for night prayer or to start a road trip to pray for safe travels.
- Share examples of people that you know who pray the Rosary and why they do so.
- Share your ideas on our Family page.





# Blasting off for adventure!

**Vacation Bible Camp**  
**July 10-14 9:00A.M.-Noon**

Pre School through Grade 5  
Learn about the Bible and your faith in fun and  
active ways!

Register at <https://bit.ly/olgvbcregistration>

Crew Volunteers (grades 6-12) volunteer at  
<https://bit.ly/vbcyouthvolunteer>



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**We need adult volunteers as well! See the list ways to help at**

[bit.ly/olgvbcvolunteer](https://bit.ly/olgvbcvolunteer)

**You may also donate or loan items.**

Contact Molly ([mollyb@olgseattle.com](mailto:mollyb@olgseattle.com)) or Sarah ([sarahr@olgseattle.org](mailto:sarahr@olgseattle.org)) for information.

- Scholarship or cost offset donations \$60 per child registration or amount of your choice to help
- Space-related décor to borrow
- Fog machine to borrow
- Old light-colored sheets, or paint drop cloths, that can be spray painted gray
- Tennis balls (pack of 6) need 4
- Ping pong balls (about 20)
- Green plastic tablecloths
- Flashlights (donate or borrow)
- Duct tape
- Roll of aluminum foil



## Coming Events!

- **Partners in the Gospel Listening Sessions:** check the bulletin or webpage for dates and times
- **Bodies in Prayer-Living Rosary** Friday, May 19, 2023, 6:00 PM - 8:00 PM
- **Prayer, Pizza, and Poker!** Youth group gathering at the Walmesley Center. May 26, 6:30-9:00 PM. RSVP to Sarah [sarahr@olgseattle.org](mailto:sarahr@olgseattle.org).
- **Loop the Lupe:**



## Join in the fun at the annual Loop the Lupe!

Join as a family!

Volunteer to help!

Helping can add to your fun and sense of community. Plus we need you!

<https://www.signupgenius.com/go/9040544A4AB2FA6F49-loop1>

## Prayers to Mary

### The Memorare

Remember, O most gracious Virgin Mary,  
that never was it known  
that anyone who fled to thy  
protection,  
implored thy help,  
or sought thy intercession,  
was left unaided.  
Inspired by this confidence  
I fly unto thee,  
O Virgin of virgins, my Mother.  
To thee do I come,  
before thee I stand,  
sinful and sorrowful.  
O Mother of the Word Incarnate,  
despise not my petitions,  
but in thy mercy hear and answer  
me.  
Amen.

### The Regina Caeli

Queen of Heaven, rejoice, alleluia.  
For he, whom you did merit to bear,  
alleluia.  
Has risen as he said, alleluia.  
Pray for us to God, alleluia.  
V. Rejoice and be glad, O Virgin Mary,  
alleluia.  
R. For the Lord is truly risen, alleluia.  
Let us pray: O God, who gave joy to  
the world through the resurrection  
of thy Son, our Lord Jesus Christ,  
grant we beseech thee, that through  
the intercession of the Virgin Mary,  
his Mother, we may obtain the joys  
of everlasting life. Through the same  
Christ our Lord.

Amen.

**Pentecost Sunday**

**May 28, 2023**

**The Coming of the Holy Spirit**

