
KENT LAMBTON ROMAN CATHOLIC FAMILY OF PARISHES



Thrive

KLRCFP YOUTH MINISTRY

September
ordinary time

Thrive Family Kits

Our aim is to bring families a couple activities each month that will help build up our faith in the home and encourage families to grow together. In other words, to THRIVE!

Smell that pumpkin spice - it must be September! Who is the patron saint of pumpkin spice you ask? It's St. Hildegard of Bingen. In the 1100's St. Hildegard wrote this about her favourite blend of cinnamon, nutmeg and cloves: "*This preparation softens the bitterness of the body and mind, opens the heart, sharpens the blunt senses, makes the soul joyful, and diminishes harmful moods.*" So feel free to dive in to pumpkin spice season if that makes your heart happy!

Enjoy this last week of summer and first few weeks of school! If you need me I'll be wandering WalMart picking up last minute school supplies and extra snacks this week. Please keep all families (school-bound and homeschooling) in your prayers this month!

Sincerely,
Jacqueline Rowe
Youth Ministry Assistant
Kent Lambton Roman Catholic Family of Parishes

Back to School Prayer

Dear God

Thank You for the gift of our
children. Please watch over them
as they go back to school.

Help them to be excited to learn
and grow this new year!

Help them be a light to others.

Bless their teachers with wisdom
and joy, as they embark upon this
journey together!



St. Teresa of Calcutta

September 5th

Mother Teresa was born in 1910 and given the name Agnes. At the age of 18, she joined the "Sisters of Loreto" in Ireland. She wanted to be a missionary - someone who went out into the world to teach the Gospels. She worked as a teacher, and took the name Teresa after her favourite saint, St. Theresa Lisieux.

She was transferred to Calcutta, India where she taught for 20 years! She was horrified by the poverty there. In 1948, she went out into the slums, dressed in a simple white sari and began serving the poorest of the poor - those who had no one to care for them.

She formed an order of Sisters called the Missionaries of Charity. Love is a choice, and every day, Mother Teresa chose love and service. St. Teresa of Calcutta, pray for us!



— “ —
Let no one ever come to you
without leaving better
and happier. Be the living
expression of God's kindness:
kindness in your face,
kindness in your eyes,
kindness in your smile.

— ” —

Indian Food

India is a huge country! These recipes aren't specific to the Calcutta area, but are familiar Indian foods & flavors!

Butter Chicken

Tandoori Chicken

Roti (flatbread)

Cucumber Raita (salad)

If life too busy to try new recipes, why not try the Sitara Food Truck (in Wallaceburg, next to the Maddie's Milk Plaza) or Spice and Curry in Chatham.



Project: Finding Calcutta

When asked how someone can help serve with Mother Teresa, she responded *"Find your own Calcutta. Find the sick, the suffering, and the lonely, right where you are – in your own homes and in your own families, in your workplaces and in your schools. You can find Calcutta all over the world, if you have eyes to see."*

We can be like Mother Teresa right here in our own communities.

Project Finding Calcutta is a group that aims to help others do exactly that! Check out their 2021 Random Acts of Kindness.

One of the suggestions is to draw and pray on a paper bag - feel free to also write notes or make cards. I will pass them along to St. Vincent de Paul or Community Meals to be handed out.

Feast of the Holy Cross

September 14th

Today's feast remembers the crucifixion and death of Jesus, and his resurrection three days later.

The cross reminds us of Jesus' whole life and mission - our salvation. It also reminds us of our own mission, to take up our crosses and follow Jesus. When we serve, love, and help others we are carrying on the mission of Jesus, and in a way, carrying His cross.

Especially when we put other people before us!

Because of persecutions, Jesus' cross, and the two thieves who died next to Him were hidden away. They were found in the year 324 by St. Helena (Emperor Constantine's mom). They were found in cistern, but no one knew which was which. An ill woman was brought forward, one-by-one she touched the crosses, and was miraculously healed at the third! The True Cross was processed home to Constantinople. There, fragments of it were given to Churches around the world.

More amazing relics from the life of Jesus:

<https://www.churchpop.com/2015/11/12/11-amazing-relics-from-the-life-of-our-lord-jesus/>





Make your own wooden cross

Supplies: clothespins, glue gun

Everyday Crafting- Clothespin Cross:

<https://www.youtube.com/watch?v=DM9Qbt43JZw>

Pray the Stations of the Cross

Head to a local church or find a stations of the cross video on YouTube.

Pray them together as a family.



Make sure there is a crucifix hanging in each room. Our homes are the "domestic church", a sanctuary for our family. The crucifix will also remind us not to run away from the tough stuff in life. It is a constant reminder that Jesus has conquered sin and death!



Listen to a spotify playlist curated just for today's feast!

Click the link or search:

[Thrive! The Cross](#)

St. Pio of Pietrelcina

September 23rd

Padre Pio possessed many charisms, such as the ability to read hearts, prophecy, bilocation, and physical healings. His most famous charism – the marks of the stigmata (the wounds of Christ) – brought him pain, embarrassment, and worldwide attention. His popularity enabled him to establish a great hospital next to his parish.



During his lifetime, he experienced many trials and sufferings – among them poor health, false accusations, and investigations. He bore these hardships with dignity and total trust in God. Padre Pio offered his life of suffering for the conversion of souls



Blessed Is She - Saint Stories: <https://youtu.be/IbqQUpWeq6s>

Stories of Saints for Kids: <https://youtu.be/RAU9wnlhQwU>

Draw My Saint: <https://youtu.be/RbayqNOCkv8>

Lukas Storyteller: Padre Pio: www.Formed.org

Padre Pio celebrating Mass - 1968: <https://youtu.be/qnlyl-nTouM>

Patron of:
young adults,
Pietrelcina, Italy,
stress relief,

Order of
Friar Minors
Capuchin
(OFM cap)



SAINT PIO OF PIETRELCINA

PADRE PIO

— b. 1887- d.1968 —

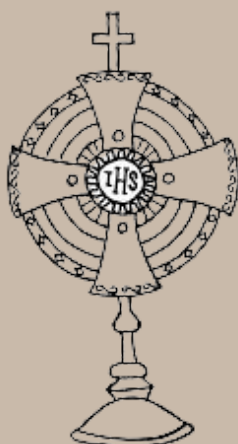
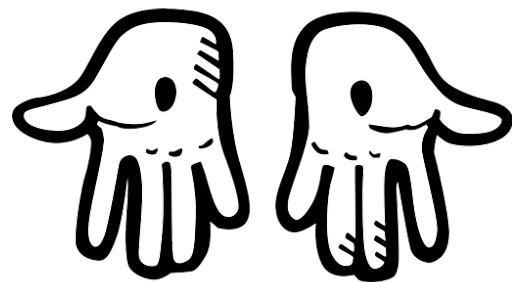


BILOCATION

was able to be in two places at
the same time.



POVERTY
CHASTITY
OBEDIENCE



Michaelmas (Mick-el-mas)

September 29th

It's the feast celebrating the three archangels mentioned by name in the Bible - St. Michael, St. Gabriel, and St. Raphael. The name "angel" means servant or messenger of God. As St. Michael is the protector of humanity, we have a special prayer asking for his protection:

St. Michael the Archangel, defend us in battle.

Be our protection against the wickedness and snares of the Devil.

May God rebuke him, we humbly pray,

*and do thou, O Prince of the heavenly hosts, by the power of God,
cast into hell Satan, and all the evil spirits,
who prowl about the world seeking the ruin of souls. Amen.*



Leader of all angels and the protector of humanity. He is found in the books of Daniel, Jude, and Revelation.



Known as a healer. He heals Tobiah and his wife Sarah in the book of Tobit.



A messenger. Seen in the Gospels at the Annunciation "Hail Mary". Also appears to the Prophet Daniel.

St. Michael vs. Satan

Revelation - Chapter 12

The book of revelation is a an account of the visions of John. The images and descriptions it uses are filled with vivid symbolism and metaphors. It's ultimate message is one of hope and trust in Jesus. Through all the hardships and suffering, God is there with us.



In Revelation, we see St. Michael the archangel cast Satan out of heaven.

There is a legend that tells us when Satan landed on the Earth, he landed in a thorny blackberry bush. He was so furious he spat onto the blackberries, turning them sour. So, there is tradition in Europe to not eat blackberries after the feast of Michaelmas!

ST. MICHAEL'S BLACKBERRY & DRAGONFRUIT SMOOTHIE

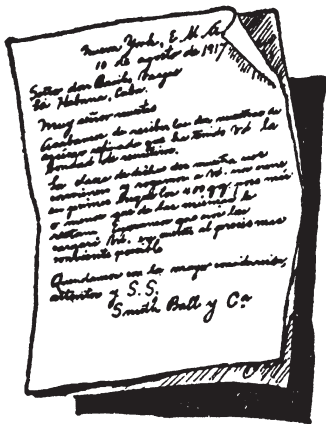
- 8 oz orange juice
- 1 dragon fruit (or 1 cup other fruit)
- 1 cup blackberries (frozen)
- 1 banana, sliced
- 1/2 cup yogurt, any flavour

Place all ingredients in a blender, blend it up!
Pour into cups and say thanks to St. Michael
for conquering satan!



Oikos - A Home for All

The Season of Creation - September 1st to October 4th, calls all families, every household and society to repent and reshape our political, social and economic systems towards just, sustainable economies of life, which respect the life-giving ecological limits of our common home.



In 2015, Pope Francis wrote a letter to everyone on Earth called Laudato Si, or "On the Care of our Common Home." In this letter he asks us to take better care of our earth, the poor and our faith-lives.

Laudato Si - [full text for adults](#)
[-video for kids](#)

Oikos means "Home" in Greek. During this Season of Creation we are all invited to take better care of our common home! Here are some ideas:

- Plant a sustainable garden (CKP Library is offering free native plant seeds this fall)
- Try a "Buy Nothing" week or month. Use what you have, repair what is broken, make what you need
- Use recycled, fair-trade or green products in your home
- Commit to walking and biking more often
- Donate to St. Vincent de Paul or local thrift stores