

Theme: The Gift of Listening

Unlocking the Heart

Matthew was having a meltdown over First Communion. Grandma gently asked questions until his true fear surfaced. It was listening — not correcting, not interrupting, not rushing to fix — that gave him the courage to expose his worries. Listening opens hearts.

Ways to Practice Holy Listening

- **Create a safe space for conversation** -- put away your phone, make eye contact, relax, open your arms and sit close enough for talking
- **Start with baby steps** — ask small, simple questions instead of tackling the whole problem.
- **Affirm understanding** — often more helpful than trying to solve the problem.
- **Pray silently** — asking God to give him the graces he needs in this sacred space.

Seed of the Month:

Phone Call of Listening

This month, call a child and tell them you've been thinking about them. Ask an open-ended question — hobbies, friends, school, or sports are great starting points.

Blessing for This Month

Jesus, help me be an instrument to soften hearts and open them to Your love through me. Amen.

Looking Ahead: Next month we'll explore *Passing on Traditions of Faith*—the power of rituals, celebrations, and small family practices.