

## Sunday Gospel Background

In Sunday's Gospel, Mary points out to Jesus that the bride and groom at Cana have run out of wine to serve their guests. Jesus acts. He makes a big difference for one Galilean couple and gives us all a sign of what he has come to be—food and drink for God's people.

## Share Experiences

Check off the boxes as you complete each part of the lesson.

- ☐ **Pray together** "Loving God, we are ready to learn about your Son, Jesus, who came to our world to show us how much you love us. Help us learn to be like him. Amen."
- ☐ **Story • Michael brings joy. (page 4)** Turn to page 4 and identify each of the pictures at the top. Explain that in a rebus story, pictures take the place of some of the words. Read the story together, giving your child a chance to say one or more of the rebus picture-words. When you have finished, discuss the questions at the end.

## Discover Gospel and Doctrine

- ☐ **Sunday Gospel • Jesus shows God's love. (page 1)** Invite your child to listen to Sunday's Gospel:

One day, Jesus, his mother, and some of his friends went to a wedding in the town of Cana. Mary noticed that the wine was running out. She said to Jesus, "They have run out of wine." Jesus asked her, "What do you want me to do about it?" Mary told a servant to do whatever Jesus told him to do.

Jesus told the servant: "Fill these six large jars with water. Then take some to the headwaiter." The servant filled the jars

and then took a drink to the headwaiter.

The headwaiter said, "This is very good wine!" He asked the groom, "Why did you save the best wine until the end of the party?" The groom said, "I don't know where this wine came from."

Only the servants who did as Jesus had asked knew where the wine had come from. This was Jesus' first miracle. His friends saw what he had done and believed in him.

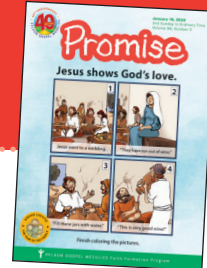
Point out that Jesus adds to the joy of the wedding by turning water into wine. **Ask:** Who does Jesus want to be full of joy? Who is with Jesus? Who asks him to make more wine? This miracle of Jesus shows that God loves us and wants us to listen to him.

Invite your child to look at the cover of *Promise* and point out the people in the story. Have your child use the pictures to retell the Gospel story to you. Then invite your child to finish coloring the pictures.

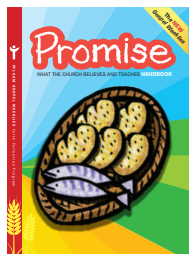
- ☐ **Activity • Gospel Creative Drama** Reenact the Gospel together with your child by showing with your bodies and faces:

- How Jesus, Mary, and their friends felt at the wedding
- How the bride and groom felt when the wine ran out
- How Mary felt to see that the bride and groom were sad
- How Jesus felt when Mary asked him to help
- How the servants felt when they saw the water turn to wine
- How the bride and groom felt when Jesus made more wine

Show your child how to open *Promise* so the two wedding stories (pages 1 and 4) are side by side. Point out that Michael and Jesus both brought joy to a wedding.



- **Word of the Week • marriage (page 4)** Help your child find the Word of the Week on page 4. Share this definition: *Marriage is when a man and a woman promise to love each other forever.* Our Church celebrates marriage in a sacrament called *Matrimony*.



- **Open** the *What the Church Believes and Teaches* handbook to page 23. Explain that Jesus' mother, Mary, can help us be good followers of Jesus. Refer to the Gospel story. **Ask:** Who did what Mary said? *Jesus.* *Mary was Jesus' mother, so he did what she asked him to do.* **Ask:** Who did what Jesus said? *The servants.* Read the activity directions. If needed, draw a heart on a board or sheet of paper for your child to copy. After your child completes the activity, talk about each example. Invite your child to signal a response with a thumbs-up or thumbs-down gesture.

Take turns with your child sharing about times you did what Jesus tells us to do. Respond to each story with a thumbs-up!

*Once you have completed this section of the lesson, close the handbook and return to Promise, page 2.*

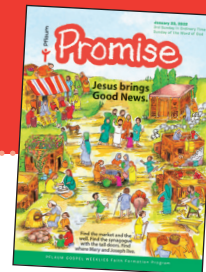
## Live the Gospel

- **Activity • Jesus is Good News. (page 2)** Guide your child in completing the following activities:
- **Color the Stars** Color the spaces with stars blue to find the hidden word. Your child may also color the spaces with dots a different color. Stories about Jesus are found in the Bible in the four Gospels (Matthew, Mark, Luke, John). *Gospel* means "good news." The stories about Jesus are Good News for us.
  - **Matching Water Jars** Count the water jars. **Ask:** How many water jars did Jesus tell the servants to fill at the wedding? *Six.* **Ask:** What did Jesus do to the water in these jars? *Turned it into good wine.* Invite your child to find the six jars that are alike and color them purple.
- **Activity • I am good news too. (page 3)** Guide your child in completing the following activities:
- **Letter Trail** Demonstrate counting to three to reach the letter I, and have your child continue, highlighting or circling every third letter. When your child has them all, have your child print the letters in order in the boxes to make a sentence. **Answer:** *I can act in loving ways.*
  - **Follow the Dots** When your child has completed this activity, **ask:** Who is the girl writing to? *God.* **Why?** *To thank him.* **Ask:** What are you thankful to God for? Remind your child that thanking God shows him love and respect.
- **Closing Prayer** "Dear Jesus, thank you for our family. Please bless us and help us follow you every day." Close your prayer with the Sign of the Cross.



## Parent Resources

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## Sunday Gospel Background

Sunday's Gospel shows Jesus in the synagogue reading a Scripture passage that announces God's mercy. Jesus then announces that he has come to carry out that word. Jesus literally brings God to the people. He not only tells Good News but *is* the Good News.

## Share Experiences

Check off the boxes as you complete each part of the lesson.

- ☐ **Pray together** "Loving God, thank you for neighbors. Please bless them and us. Help us to be loving and caring neighbors too. Amen."
- ☐ **Story • Patrick's Neighborhood** Invite your child to listen to a story about neighbors in different places.

Patrick lives in Calgary in Canada. His cousin, Christopher, lives in Florida. One day, Patrick's mom called Christopher's mom. When they finished talking, Patrick talked to Christopher. "What did you do today?" Patrick asked.

"We had fun!" Christopher said. "It was clean-up day in our neighborhood. Dad mowed lawns. Mom had a garage sale. I helped paint a fence. Robbie and Abby planted flowers. We had a picnic with hot dogs and ice cream. I won a prize for my poster about keeping our neighborhood clean."

After the cousins said good-bye, Patrick told his mom about the neighborhood party in Florida. "Can we have a party like that?" Patrick asked. "Sure," said his mom, "we'll have a winter party with snow instead of flowers."

Patrick's neighborhood had a Winter Fix-Up and Clean-Up Day. Moms and dads shoveled sidewalks for older people. They shoveled away the big piles of snow on street corners. Big kids chopped up ice that had made sidewalks slippery. Children shook heavy snow from tree branches and filled bird feeders. Families made snowmen for a contest. When all the work was finished, everyone gathered in the community center for cocoa and marshmallows and to sing songs. Patrick's family won first prize for their snowman.

When Patrick went to bed that night, his mom said: "I'm proud of you, Patrick. You helped make our neighborhood a happy, caring place. Tomorrow, you can tell Christopher all about it."

**Ask:** How are the neighborhoods alike? Different? *Alike in wanting to help one another make their neighborhood a nice place. Different in the kinds of things they did, temperature.*

## Discover Gospel and Doctrine

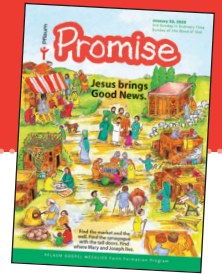
- ☐ **Sunday Gospel • Jesus brings Good News. (page 1)** Explain that Jesus grew up in a town called Nazareth. He lived in a neighborhood where he played, went to celebrations, did chores, studied, and worshiped. When he grew up, Jesus read from Scripture (books of the Bible) at Sabbath services. Invite your child to imagine they are in the synagogue when Jesus stands up and reads from Scripture.

One Sabbath day, Jesus went to the synagogue in his hometown of Nazareth. He stood up to read the reading. He was handed the scroll of the prophet Isaiah. Jesus unrolled the scroll and found this reading:

"The Spirit of God has come to me and anointed me to bring good news to the poor. He sends me to let slaves go free, to

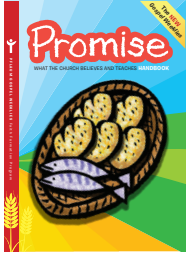
give sight to the blind, to lift up all those who suffer, and to announce a year of God's favor."

Jesus rolled up the scroll, handed it back, and sat down. Everyone was looking at him. He spoke again and said, "What you have heard me read has come true today."



**Ask:** What did Jesus mean when he said the reading had come true? *He is the one who is bringing Good News.*

- ☐ **Word of the Week • mission (page 4)** Help your child find the Word of the Week or print the word *mission*. Share this definition: A **mission** is being sent to love and help other people. Explain that Jesus' mission was to bring the Good News of God's love. This is also our mission as his followers.



- ☐ **Open** the *What the Church Believes and Teaches* handbook to page 12. Read about God's promise to Abraham. He is our "father in faith" because he is the first person to believe in the One God. **Ask:** How many stars are there? *Too many to count.* God was generous to Abraham. Read the directions and give your child time to find and circle the six stars.

Read about God's promise to Moses. **Ask:** What does it mean to be God's People? *We keep our promises to follow God, and God keeps his promises to take care of us.*

Read about God's promise to all people. **Ask:** How did God keep this promise? *God sent Jesus to save us.*

Read about the People of God today. Use this fingerplay: "Here is the church. Here is the steeple. Open the doors and see all the people." The building is the church. The people are the Church, the People of God.

(Optional activity: Draw some stars on cardstock and have your child cut them out. You might cover one side with foil or glitter and write your family's names on them. Punch a hole in one point of each star and use thread or fishing line to hang them over your prayer space.)

*Once you have completed this section of the lesson, close the handbook and return to Promise, pages 2-3.*

## Live the Gospel

- ☐ **Activity • I can be a good neighbor. (pages 2-3)** Turn to pages 2-3 and point out some of the neighbors on the game board. Use a coin to take turns moving around the board. When your child lands on a neighbor space, look at the circles on page 3 and invite your child to find a way to be a good neighbor to that person. Your child may move backward or forward to meet all the neighbors.  
**Ask:** How have you been a good neighbor this week? Commend your child for making your neighborhood a happy place.
- ☐ **Activity • Good Neighbor Award (page 4)** Help your child recognize someone who is a good neighbor. Read the activity directions and words in the word bank. Give your child time to write and color the message.
- ☐ **Closing Prayer** Include the name of the good neighbor your child identified in the activity as you pray: "Loving God, we thank you for the people in our neighborhood, especially \_\_\_\_\_. Help us to be good neighbors too. Amen."



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## Sunday Gospel Background

Sunday's Gospel continues the story begun last week, in which Jesus told the people in his hometown synagogue that God had sent him to bring the Good News. This Sunday, the people do not believe or accept him. Jesus, they are certain, is just Joseph's son.

## Share Experiences

Check off the boxes as you complete each part of the lesson.

- ☐ **Pray together** "Loving God, you are always with us. We know you will always help us when we have problems. Thank you. Amen."
- ☐ **Cover Activity • We Have Problems. (page 1)** Read aloud the title on the cover of *Promise* and invite your child to identify the things that are wrong in the picture. **Ask:** How can each problem be solved?
- ☐ **Story • The Playground Fight (page 2)** Have your child look at the pictures on page 2 while you tell this story:

Miss Flynn, the first-grade teacher, heard that the children were fighting over the tire swing at recess. She called them together and asked what the problem was. "I had the swing first," said Alexa. "The other kids wouldn't wait their turn," said Randall. "Too many kids on at one time," said Sadie. "How can we solve this problem?" asked Miss Flynn. The

children decided on a rule they would all follow. Miss Flynn wrote their rule on the board: One at a time on the tire swing. The next day, Miss Flynn saw that the first graders were still fighting over the swing. Miss Flynn called them in again. The children came up with two solutions to this problem. Can you think of any others?

Discuss two possible solutions: take turns, get another tire swing. Brainstorm other solutions: sign-up sheet, other games to play, no tire swing. **Ask:** Which do you think is the best? Why?

## Discover Gospel and Doctrine

- ☐ **Sunday Gospel • Jesus Has a Problem.** Remind your child of last Sunday's Gospel: Jesus read the Scripture and told the people in his hometown synagogue that he brings God's Good News. Sunday's Gospel picks up there.

One day, Jesus read the words of the prophet Isaiah at the synagogue in his hometown of Nazareth. When he finished reading, he said, "What you have heard me read has come true today." By saying that, he was telling them that he is the One that God had promised to send to save them.

At first, the people all said good things about Jesus and were amazed by what he said. But the people had watched

Jesus grow up in their town, and they couldn't believe that he was so special. They asked one another, "Isn't he Joseph's son?"

Jesus said: "No prophet is liked by the people of his own hometown. Remember that God sent the prophets Elijah and Elisha to help those who were not part of the Chosen People."

Some people got very angry when Jesus said this. They tried to hurt him. But Jesus just walked away.

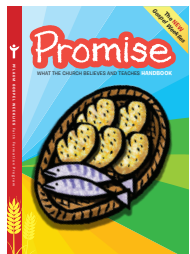
**Ask:** Why did people get angry with Jesus? *They thought: a local boy wasn't special enough to be the one that God had promised, Jesus was trying to make himself great, Jesus was trying to trick them.* **Ask:** How do you think Jesus felt? What did he do?





- **Word of the Week • Gospel (page 2)** Print the word *Gospel*. Share this definition:

*A Gospel is a book in the Bible that tells us the Good News about Jesus. We listen to a Gospel reading at every Mass.*



- **Open** the *What the Church Believes and Teaches* handbook to page 29. Point out the Sign of the Cross prayer next to the top star. Draw a triangle on a sheet of paper. Print *Father, Son, and Holy Spirit* at the angles. **Ask:** Who is the Father? *God, our Father, Jesus' Father, Creator.* **Ask:** Who is the Son? *Jesus.* **Ask:** What do we know about the Holy Spirit? *Appeared as a dove at Jesus' baptism.*

Turn to page 32 and read about the Holy Spirit together. Encourage your child to remember that *Holy Spirit* starts with h and so does the word *helper*. **Ask:** When you need help, who can you pray to? *The Holy Spirit.*

Invite your child to look again at the triangle. **Ask:** What do we call the Father, Son, and Holy Spirit together? *Blessed Trinity.* Now turn to page 31 and read about the Blessed Trinity.

Point to the triangle again. **Ask:** How many sides does a triangle have? *Three.* **Ask:** How many angles does a triangle have? *Three.* Point out that *triangle* and *Trinity* both start with the letter *t*. **Ask:** How many Persons of God are in the Blessed Trinity? *Three.* Note that three starts with a *t* too. **Ask:** To whom are we praying when we pray the Sign of the Cross? *Father, Son, and Holy Spirit; Blessed Trinity.* Pray the Sign of the Cross together.

*Once you have completed this section of the lesson, close the handbook and return to Promise, page 3.*

## Live the Gospel

- **Activity • Make It Better (page 3)** Discuss the big picture of children fighting over the bat on page 3. **Ask:** How can the children solve their problem? Find the small picture that shows one way of solving the problem—going hand over hand on the bat to see whose hand ends up on top.

Discuss the big picture of children playing kickball. **Ask:** What is the problem? *One child is not playing and looks sad.* **Ask:** What may be some reasons for this? Find the small picture that shows a way to solve the problem of someone being left out.

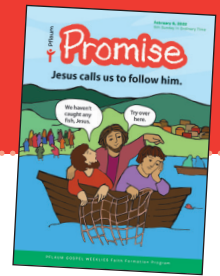
Discuss the big picture of a child whose paper has been ruined by spilled juice. **Ask:** What do you think happened? What can make this problem better? Read aloud the directions for cutting out and taping the pictures and help your child with the activity as needed.

- **Closing Prayer • A Forgiveness Prayer (page 4)** Sit with your child and place the three pictures from page 3 in front of you. Have your child turn over each picture and pray with you. Then invite your child to repeat this prayer after you: *Loving God, / thank you / for giving us feelings. / Please help us / to love and forgive / one another. / Amen.*



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## Sunday Gospel Background

Sunday's Gospel shows how faith comes from listening. Jesus tells the crowds about his Father, then invites Simon Peter to put out his nets. Simon Peter reluctantly does so, pulls in an overwhelming catch, and becomes Jesus' follower. Jesus invites his new followers to help him gather more people into God's family.

## Share Experiences

Check off the boxes as you complete each part of the lesson.

- ☐ **Pray together** Invite your child to repeat each line and movement of this prayer after you:

Thank you, Loving God,

For giving us hearts to love you and others. (*Place hand over heart.*)

For giving us eyes to see the beauty of your world. (*Make binocular shapes with fingers.*)

For giving us bodies that can move. (*Stretch way up and crouch way down.*)

For giving us ears to hear the stories about Jesus. (*Cup hands behind ears.*)

Thank you, God. Amen. (*Raise hands in prayer.*)

- ☐ **Story • Max is invited. (page 2)** Have your child turn to page 2 of *Promise*. Read the story aloud, frame by frame. **Ask:** How did Max feel at his new school? How did he feel when Sam invited other children but not him? Why did Sam do that? Why was it important to Max that Sam called to invite him? How will Max feel at school now? Inviting and being invited are parts of everyday life. **Ask:** What are some everyday examples of being invited or inviting? *Sit together at lunch, sit down for dinner at home, etc.*

## Discover Gospel and Doctrine

- ☐ **Sunday Gospel • Jesus invites people to follow him. (page 1)** Invite your child to turn to the cover picture and describe the scene. Read the Gospel story:

Jesus was teaching near a lake. People crowded around to hear his message. He got into a boat that belonged to a fisherman named Simon Peter. Jesus said to Simon Peter, "Row your boat out a little way."

Jesus sat in Simon Peter's boat and taught the people on the shore about God. When he finished teaching, he said to Simon Peter: "Row out to the deep water. You will catch fish there."

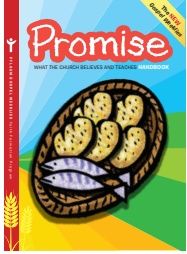
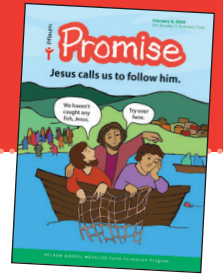
Simon Peter said: "Jesus, we fished all night and didn't catch anything. But we will try again if you say so." Simon Peter

caught so many fish that his nets began to tear. His friends in another boat rowed out to help him. They filled both boats with fish. Simon Peter said, "Jesus, you are too great for a sinner like me."

Jesus said to him and the other fishermen: "Do not be afraid. You caught all these fish because you listened to me. Follow me, and we will go fishing for people to join us."

Simon Peter and his friends left their fishing boats, followed Jesus, and helped him gather other followers.

Invite your child to retell the Gospel story to you.



- **Open** the *What the Church Believes and Teaches* handbook to page 31. Have your child find the word *Church* next to the picture of four happy people. Read the definition aloud as your child follows along by pointing to each word. **Ask:** Are you a member of the Church? How did you become a member of the Church? *Baptism*. **Ask:** How big is the Church? *It includes people from all over the world.* One name we use for the Church is “God’s family” or the “family of God.” As members of God’s family, we care about all the other members like our brothers and sisters.

Turn to page 33 and find the words *People of God*. Read the definition aloud as your child follows along. The Church, God’s family, the People of God includes all God’s children from around the world.

**Ask:** What do we call our smaller church family? *Parish*. Direct your child to find the word parish at the bottom of page 32. Read aloud the definition as your child follows along. **Ask:** What other things does our parish do? *Help the poor, teach about Jesus, help one another, play, etc.* What is the name of our parish? Invite your child to draw something he or she likes to do at your parish.

*Once you have completed this section of the lesson, close the handbook and return to Promise, page 2.*

- **Word of the Week • service (page 2)** Print the word *service* for your child to read. Share this definition: *We offer service when we help one another.* Tie this word back to things people in the parish do to help others.

## Live the Gospel

- **Activity • The Big Catch Mobile (pages 3-4)** Have your child turn to page 4 and look at the big picture. **Ask:** What is happening? Show your child how to cut out the picture on the heavy lines, being careful to not cut off the two white tabs. Attach the picture by its tabs to a coat hanger, pencil, or paint stirrer (see page 3). Have your child print his or her name on one fish, cut apart the fish pictures, and put them in order so they read “Jesus Calls His Friends” on the back. Attach the fish to the bottom of the hanger with differing lengths of yarn or string. Don’t forget to read aloud the quote on the “scrap” piece.
- **Closing Prayer** “Jesus, Simon Peter trusted and followed you. We are your followers too. Help us to be good followers. Amen.”



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## Sunday Gospel Background

In the Beatitudes, Jesus counters the idea that wealth, abundance, laughter, and social acceptance are signs of God's blessings and that their opposites—poverty, hunger, sorrow, and persecution—are signs of being outside God's care. Jesus teaches that poor, hungry, sorrowing, and persecuted people have a place in God's kingdom.

## Share Experiences

Check off the boxes as you complete each part of the lesson.

- ☐ **Pray together** "Loving God, you want everyone to be happy and included. Help us to treat others the way we want to be treated. Amen."
- ☐ **Cover Activity • What Makes Me Happy? (page 1)** Invite your child to study the cover picture. **Ask:** Who is happy? Which of these activities makes you happy? What other activities make you happy?
- ☐ **Story • So Many Friends (page 2)** Read aloud the title at the top of page 2 and invite your child to identify the pictures across the top. Read aloud the story once and have your child follow the words and pictures line by line. The second time through, invite your child to read aloud with you. **Ask:** What do you think of Lily's mom's solution?

## Discover Gospel and Doctrine

- ☐ **Sunday Gospel • Jesus Wants Everyone to Be Happy** Tell your child that in the Bible, sometimes the word *blessed* is used. **Ask:** Can you think of a prayer that includes the word *blessed*? *The Hail Mary*. **Ask:** What does it mean to say someone is blessed? *They are special to God*. Being special to God makes us happy. In today's Gospel story, Jesus uses the word *blessed*. Every time he says *blessed*, think *happy*.

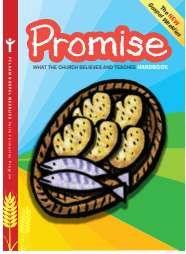
Jesus had climbed a big hill where he had prayed and chose the Twelve Apostles. When he came down from the hill, his disciples and a crowd of people from all over were waiting for him. He looked at the people and said: "Blessed are you who are poor; the kingdom of God is yours! Blessed are you who

are hungry; you will be filled! Blessed are you who weep; you will laugh! Blessed are you when people hate you, reject you, insult you, and say bad things about you because you are a follower of mine! Be glad when that happens and dance for joy because you will have a great reward in Heaven."

God wants all people to be happy. There is room for everyone in God's family. God cares about people who are poor, lonely, or sad. God wants hungry people to have food and lonely people to have friends. God wants people who are sad to laugh again. Jesus wants us to love everyone and not leave anyone out. Then we will all be happy together.

**Ask:** Do you know other people who bring happiness? How do they do that? How can you bring happiness to our family and to your friends?

- ☐ **Word of the Week • Beatitudes (page 3)** Print the word *Beatitudes* for your child to read. Share this definition: *The Beatitudes are Jesus' list of attitudes and actions that will help his followers find real happiness.*



- **Open** the *What the Church Believes and Teaches* handbook to page 7. Read the rebus story aloud, pausing to allow your child to add the pictured words. Continue reading through *Holy Spirit*. **Ask:** What do we call God the Father, God the Son, and God the Holy Spirit? *The Blessed Trinity*.

After your child has drawn a picture in the box, invite your child to share something about it.

Read aloud the left column under the drawing. Invite your child to print his or her name in the space. **Say:** "God made (*your child's name*) with love. You are wonderful and good."

Read aloud the right column. Invite your child to underline the sentence that includes the word *happy*. Read that sentence again for emphasis.

*Once you have completed this section of the lesson, close the handbook and return to Promise, page 3.*

## Live the Gospel

- **Activity • Following Jesus makes me happy. (page 3)** **Ask:** Did you ever get something you thought would make you happy, but the happiness didn't last very long? **Ask:** Do you know what will make you happy in a way that will last all your life? *Following Jesus will help you get to Heaven where you will be happy forever!* Have your child follow the directions for drawing and tracing on page three. Then have your child read aloud the words.

- **Activity • Jesus wants everyone to be included. (page 4)** **Ask:** Does it make you happy to be left out of a game? When you aren't invited to a party? When someone doesn't like you because you're different from them? Discuss how some people are left out because of skin color, how they dress, or because they are shy or loud or tall or short or heavy or skinny or... (Mention other reasons, perhaps from your own experience.)

Explore who Jesus includes in his family of followers. **Ask:** Does Jesus want someone to be left out because they wear glasses or because their hair is curly? Would Jesus leave out someone who is new in our country and doesn't know English yet? Jesus doesn't want anyone to be left out. God made everyone out of love, and every person is good and special in God's eyes.

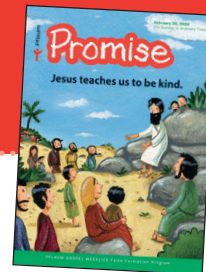
Direct your child's attention to the picture of Jesus on page 4. His arms and hands are open to welcome everyone into his love. Have your child cut out the four shapes at the bottom of the page and glue them in the matching areas. Now these children are included with Jesus and the other children.

- **Closing Prayer** Invite your child to repeat each line after you: Thank you, God / for making each of us good and special. / Thank you / for our bodies and senses / that help us experience / your Creation. / Help us to follow you. / Amen.



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## Sunday Gospel Background

Sunday's Gospel contains the Golden Rule: Treat others the way you want to be treated. Jesus asks us to love our enemies and do good to those who treat us badly.

## Share Experiences

Check off the boxes as you complete each part of the lesson.

- ☐ **Pray together** "Loving God, you give us feelings and choices. Help us make loving and kind choices even when we don't feel loving and kind. Amen."
- ☐ **Story • Josie's Hard Choice** Invite your child to listen to this story.

Josie was mad. She got home, slammed the door, and threw her backpack on the floor. She stomped to her room. Mom knocked on Josie's bedroom door. "Josie, may I come in?" she asked.

"OK," Josie said in a snuffly voice.

Mom could tell that Josie had been crying. "What happened to get you so upset, honey?" she asked.

Josie said: "Jasmine's birthday is next week. She can invite three friends to Sky Zone. She told us girls about it at recess on Monday. Now Emily is acting like she's Jasmine's best friend. She cuts in line so she can be by Jasmine. She pushed me out of the way so she could sit by Jasmine at lunch today. And she was whispering to Jasmine and made a mean face at me. I know she was telling Jasmine a lie about me! Emily just wants Jasmine to invite her and not me to her birthday party!"

"You might be right about why Emily's trying to be Jasmine's friend," Mom said. "Who does Emily usually play with?"

"Sometimes Sara and Liz, and sometimes Karrah and Simone, and sometimes she sits alone on the step. She used to play with Hilary, but Hilary went to live with her dad," explained Josie.

"It sounds like Emily might be having a hard time making friends," said Mom.

"She isn't acting very friendly to me! She's mean and . . . and . . . and selfish!" Josie said.

"I understand why you feel angry, Josie, but what are you going to do with your angry feeling? Are you going to be mean to Emily since she's been mean to you? Or are you going to choose to show Emily what being a good friend is really about?" Mom asked.

"Well, I want to be mean back, but you and Dad always tell me to be kind. But being kind to Emily will be hard!" Josie said.

"What else do your dad and I tell you?" asked Mom. "Treat others the way you want to be treated," said Josie.

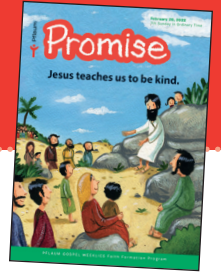
**Ask:** What do you think Josie will do? Discuss Josie's options.

## Discover Gospel and Doctrine

- ☐ **Sunday Gospel • Jesus teaches us to be kind. (page 1)** Invite your child to look at the cover picture of Jesus teaching. Then share the Gospel:

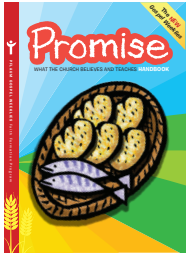
After teaching the people the Beatitudes, Jesus spoke about how they should treat one another. He said: "Love your enemies. Pray for those who are not kind to you. Treat others the way you want them to treat you. Give to others without expecting anything in return. Be merciful just as God our

Father is merciful. Don't judge, and other people won't judge you. Don't condemn, and people won't condemn you. Forgive others, and they will forgive you. Be generous, and people will be generous to you too. The measure you use for others is how you will be measured."



Show your child a ruler and a measuring cup. **Ask:** What do we use these for? *Measuring.* **Ask:** What does Jesus mean when he says, “The measure you use for others is how you will be measured?” Help your child relate it to the Golden Rule: “Treat others the way you want to be treated” and the words from the Lord’s Prayer: “Forgive us our trespasses as we forgive ...”

- ☐ **Word of the Week • mercy (page 2)** Print *mercy* for your child to read. Share this definition: *Mercy is being willing to forgive or help. It means treating others like God treats us.*
- ☐ **Activity • When are you kind? (page 3)** Read aloud the title and directions. Have your child draw a smiley face next to each kind action. Help your child find two examples of being kind to get something in return. **Ask:** Is this the way Jesus wants us to be kind?



- ☐ **Open** the *What the Church Believes and Teaches* handbook to page 30. Read the Short Prayer of Love and invite your child to repeat it after you. Practice until your child can say the prayer. Explain that we can use the prayer when we need help being loving or kind. We can finish the prayer by saying, “Help me to...” Invite your child to complete this sentence starter.

*Once you have completed this section of the lesson, close the handbook and return to Promise, page 2.*

## Live the Gospel

- ☐ **Activity • The Golden Rule (pages 2 and 4)** Print the words “Treat others the way you want to be treated.” **Ask:** What is this called? *The Golden Rule.* It’s one of Jesus’ teachings in Sunday’s Gospel and an important rule to follow. Point out the green box on page 4. Have your child cut out the box on the black lines. Then cut apart the smaller boxes on the white lines. Place the green pieces faceup, and invite your child to use the words you printed to help put the words in order. Have your child glue the words in order onto the chalkboard on page 2.
- ☐ **Activity • My Kindness Coupons (page 4)** Look at the five coupons together. Sometimes it’s hard to do these things, and sometimes we need to be reminded. Have your child cut out the coupons and keep them handy as a reminder to be kind.
- ☐ **Closing Prayer** Pray the short prayer of love you learned earlier: “Jesus, I love you with all my heart. Help me to...” (*your child can add an ending*). Conclude by **praying:** “Help us choose to be kind and loving. Forgive us when we choose not to love. Amen.”
- ☐ **Looking Ahead: Ash Wednesday (March 2)** This begins the forty days of Lenten fasting, prayer, and almsgiving that prepare Catholics for Easter. The forty days symbolize the time Jesus spent in the desert before he began his ministry. *Lent* comes from the Old English word *Lencten*, which means “spring.”



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## Sunday Gospel Background

In Sunday's Gospel, Jesus chides the foolish person who spots the splinter in his neighbor's eye but can't see the log in his own. Jesus teaches us that just as good trees bear good fruit, so will good lives show forth in good deeds.

## Share Experiences

Check off the boxes as you complete each part of the lesson.

- ☐ **Pray together** "Loving God, thank you for sending Jesus to show us how much you love us. Help us grow to be loving and kind. Amen."
- ☐ **Activity • Where do we get . . .? (page 2)** Help your child identify the objects on the left on page 2. Point out that they all come from growing things. Read the title and directions and have your child complete the activity.
- ☐ **Story • Whose garden is this? (page 3)** Have your child close *Promise* and listen to this story:

Everyone in Chico knew Big Al. He had the biggest, most beautiful garden in town. When visitors came to Chico, people always took them to see Big Al's garden and marvel at his wonderful vegetables. One day, his daughter Julie asked him, "How do you grow such big carrots and tomatoes?" Big Al said, "You can find out for yourself." "How?" asked Julie. "By planting your own garden," her dad said.

During the winter, Julie and her dad planned what she would grow in her garden. In the spring, Big Al helped Julie dig up the ground. He showed her how deep to plant her

lettuce, carrot, and radish seeds. He showed her how to dig holes for her tomato plants and where to plant marigolds to keep the bugs away. He told her how often to pull the weeds and water the plants. "We'll put up a fence to keep the bunnies out," said Big Al.

Julie followed her dad's directions. That summer when visitors came to see Big Al's garden, they saw a small garden next to it. "Those vegetables are just as nice as Big Al's," the visitors said. "This garden must belong to Big Al's daughter." Julie felt proud to be like her dad.

Open *Promise* to page 3 and look at Julie's garden. Identify the vegetables—lettuce, carrots, radishes or beets, tomatoes—and the marigolds. Invite your child to look at the pictures at the top of the page. **Ask:** What helped Julie grow her plants? *Water, sunshine, bees, garden tools.* Invite your child to color the picture.

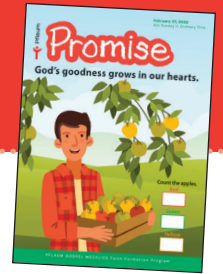
## Discover Gospel and Doctrine

- ☐ **Sunday Gospel • A Good Tree Grows Good Fruit (page 1)** Invite your child to look at the cover of *Promise* and think of the gardener as Jesus. **Ask:** What does the gardener do to help these trees grow good apples? *Fertilize, water, prune, spray for bugs.* Share the Gospel story:

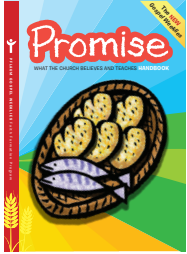
Jesus told many sayings to teach the people who followed him. He said: "A good tree doesn't grow rotten fruit, and a rotten tree doesn't grow good fruit. People don't pick figs from thorn bushes or pick grapes from briars. Good people do good

things because of the good in their hearts. Bad people do bad things because of the evil in their hearts. Our words show what is in our hearts."





Help your child make the connection between a tree's fruit and a person's actions. Explain that just as a good tree grows good fruit, a good person chooses to do good things and makes kind and loving choices. **Ask:** Who is like a good tree? *Parents, grandparents, teachers, people in the parish, neighbors, us, saints.* **Ask:** Why are these people like good trees? *They show love. They have God's love in their hearts and share it.* Have your child count how many apples there are of each color and write the number in the boxes. *Red=3, Green=9, Yellow=7.*



- ☐ **Open** the *What the Church Believes and Teaches* handbook to page 8. Read aloud the title and first paragraph. **Ask:** Who was Adam's wife? *Eve.* Remind your child that Adam and Eve lived in a garden where they were very happy. Read the second paragraph. **Ask:** Why were Adam and Eve sad? *They disobeyed God.* Explain that they could no longer live in the garden. They had to work hard for their food and the things they needed. Disobeying God is called a *sin*.

Point out the pictures and invite your child to color in the happy or sad face accordingly. For the happy pictures, **ask:** What makes them happy? *A child chooses to do what is kind and loving.* For the sad pictures, **ask:** What makes them sad? *A child (or children) chooses to do what is unkind and unloving.* Doing what is unloving and unkind is disobeying God. **Ask:** What is it called when we disobey God? *A sin.* **Ask:** Do sins make us happy or sad? *Sad.* **Ask:** How can the sad pictures become happy? *A child has to choose to do what is loving and kind.*

*Once you have completed this section of the lesson, close the handbook and return to Promise, page 2.*

- ☐ **Word of the Week • Confirmation (page 2)** Print *Confirmation* for your child to read. Share this definition: *Confirmation celebrates the Gift of the Holy Spirit and gives us strength to do Jesus' work.* Remind your child that the Holy Spirit is our helper. The Spirit helps us to obey God, avoid sin, and grow good fruit in our lives.

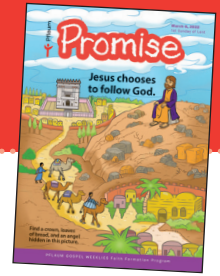
## Live the Gospel

- ☐ **Activity • I grow good fruit. (page 4)** Read the title on page 4. Explain that each of our lives is like a garden. We can choose to grow good things in our gardens. Invite your child to find the ear of corn. Read the word below it. **Ask:** Are you growing love in your garden? If yes, circle the ear of corn. Continue with *Thanking, Helping, and Sharing.* Invite your child to find each of the vegetables or fruits in the basket and have your child color the picture.
- ☐ **Closing Prayer** "Father in Heaven, you created everything and made it good. We thank you for all your goodness. We thank you for food and clothes and home, for our family and friends and our Church. We thank you everywhere we go. Help us to grow in your love every day so that all our actions will be loving ones. Amen."



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## Sunday Gospel Background

In Sunday's Gospel, the Devil tempts Jesus to show off his power as God by turning stones to bread, becoming ruler of the world, and having angels catch him when he jumps off the Temple. Jesus rejects these offers. His work is to show people God's love for them.

## Share Experiences

Check off the boxes as you complete each part of the lesson.

- ☐ **Pray together** "Loving God, Lent is a time for us to practice choosing loving actions. Help us learn about making good choices today. Amen."
- ☐ **Story • Jack's Oops Day** Tell your child the name of the story. **Ask:** Can you guess what happens to Jack on oops day? Encourage your child to listen for the choices Jack makes.

It was early Wednesday morning. In Jack's bedroom, the alarm clock was ringing. Very loudly. Jack pulled the pillow over his head to shut out the ringing. The next thing he knew, Mom was knocking on his door. Very loudly. "Get up, Jack," Mom said. "You'll be late for school." Jack tumbled out of bed and got dressed very fast. When he came into the kitchen for breakfast, Mom pointed to his feet.

"Oops," Jack said and went to his room to find socks that matched.

When he was eating breakfast, Jack reached for the milk and sloshed his cereal all over the table. "Oops," Jack said. "I'll clean it up, Mom." Just then, he looked out the kitchen window to see the school bus pulling away from the sidewalk. "Oops," Jack said. "I missed the bus, Mom. Will you drive me to school?"

When Jack got to school, Mrs. Redden had already started Reading class. "Get your book, Jack, and join us," Mrs. Redden

said. "Oops," said Jack. "I forgot my backpack." Mrs. Redden was disappointed.

Jack walked to the lunchroom with Quentin and Simon. "Oops," said Jack. "I forgot my lunch too." Quentin said, "You can have my apple." Simon said, "You can have my chips." Jack said, "Thank you."

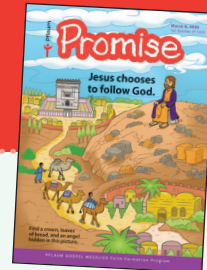
When Jack got home that afternoon, he said: "Mom, I had a bad day. I did oops things all day long." Jack told Mom all about his day, starting with his choice to stay in bed when the alarm went off. "You are right, Jack," Mom said. "You had an oops day, but tomorrow will be different. Let's make a chart for the forty days of Lent, which begins today. Every time you make a good decision, we will draw a happy face on the chart for that day." Mom and Jack made the chart. Mom said, "You made a good choice when you told me about your feelings, so we can put a happy face on the chart right away."

## Discover Gospel and Doctrine

- ☐ **Sunday Gospel • Jesus chooses to follow God. (page 1)** Talk to your child about Lent—a special time of year to grow in God's love, a special time of choices. Tell your child that Jesus had an important choice to make before he began his work: Should he become a powerful king or should he teach people to love one another? Then tell this Gospel story:

After Jesus' baptism, the Holy Spirit led him into the desert for forty days. Jesus didn't eat during those days and was hungry when they were over. The Devil came and tempted him.

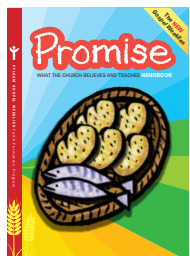
The Devil said, "If you are really the Son of God, change this rock into bread." Jesus answered, "The Scriptures say that no one can live only on bread."



Then the Devil showed Jesus all the kingdoms of the world in a flash and said to Jesus: "I will give all this power and glory to you. Worship me, and you can have it all." But Jesus answered, "The Scriptures say that we are to worship and serve only God." Then the Devil took Jesus to the top of the Temple in

Jerusalem. The Devil said: "If you are the Son of God, throw yourself down from here. The Scriptures say that God's angels will catch you." But Jesus answered, "The Scriptures also say that we should not test God." The Devil left Jesus for a while.

**Ask:** Why didn't Jesus turn stones into bread even though he was hungry? *Jesus knew people need more than food to be happy. We need God too.* **Ask:** Why didn't Jesus become the ruler of the world? *Jesus knew God is ruler of all.* **Ask:** Why didn't Jesus jump from the tall Temple? *Jesus knew that God loved him and didn't need God to prove it.* **Ask:** Why did the Gospel end by saying the Devil went away "for a while"? *The Devil keeps trying to tempt us—even Jesus—to make unloving choices. God helps us when we show love and pray.*



☐ **Open** the *What the Church Believes and Teaches* handbook to page 18. Read aloud about Lent and Easter. Take time to talk about the pictures for the matching activity:

- The cross reminds us of Jesus' Death on the Cross.
- The empty tomb reminds us that Jesus rose from the dead.

Discuss these questions:

- What do we get on our foreheads on Ash Wednesday? *Ashes.*
- What are some things we do during Lent? *We pray more, we make sacrifices, we give to the needy.*

*Once you have completed this section of the lesson, close the handbook and return to Promise, page 2.*

☐ **Word of the Week • Holy Week (page 2)** Find the Word of the Week. Share this definition: *Holy Week is the week before Easter.*

## Live the Gospel

- ☐ **Activity • We show love during Lent. (page 2)** Explain that Lent gives us time to practice being followers of Jesus. Lent lasts forty days (we don't count the Sundays) and ends with the great feast of Easter. Read the directions at the top of the page. Keep the envelope with numbers in it and this page handy. (You may wish to paper clip them together.) Encourage your child to do all the activities during Lent.
- ☐ **Activity • My Lent Prayer Book (pages 3-4)** Help your child cut on the solid black cutting lines and fold on the dashed folding lines. Then nest the booklet so the pages are in order. Work through the activities together.
- ☐ **Closing Prayer** Read aloud the prayer booklet together. End with a big "Amen."



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