

Young Shepherd's Guide

Teaching our children to
LOVE AS CHRIST LOVES
and to
SERVE AS CHRIST SERVES
at
GOOD SHEPHERD CATHOLIC CHURCH

JANUARY 2012

Religious Education K-6

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A NEW YEAR MEANS A NEW BEGINNING

I have to say I thoroughly enjoyed my Christmas break. We traveled to visit my family and since my children wanted to spend time with their cousins and my parents I really had the chance to relax. I chose to read a few books, reflect on the year coming to an end and then think about the new year and new opportunities.

Of course, I made my new years resolutions and I do have to admit that I made the standard ones that are often at the top of the list as the holidays come to a close.

Spending time with family and friends, plus receiving cards, pictures, and yearly updates of those I haven't seen in awhile encouraged me to resolve to spend more time with and stay in better contact with family and friends. And after all of the holiday indulgences, I can no longer blame the dryer for "shrinking my jeans" so I will be eating healthier and exercising when I can. And just for fun, I had to add that I would be better organized, but with four kids that one is already not going so well.

I probably would have stopped there with the resolutions, but a few ideas from what I read really seemed to be heavy on my heart.

First, I listened to a CD entitled Keeping Your Kids Catholic and the idea that really resonated with me was that families need to have fun. So that's my goal for this year—to stress less about the little things and just have fun and enjoy life with my family.

The next resolution came from a book I began reading about the power of praise and thanksgiving. I am really going to work hard to see the good in every situation and thank God for what is going well instead of complaining or worrying about what's not.

My last and largest inspiration came from a simple passage sharing the number of Catholics in the world and the impact they have based on the work accomplished in helping the poor and the needy. The passage then asked the question, imagine what could happen if each Catholic chose to step it up a notch in their spiritual life. So I am resolving to step it up a notch not only in my personal spiritual life but also in my work here at Good Shepherd.

I am hoping that each child and parent involved in RE will join me in this resolution. Can you just imagine how many more wonderful things will happen in our parish and in our community if over 500 kids and their parents accept this challenge. A few ideas for you and your family are listed on the back, but the possibilities are endless. If you decide to join me, fill out a slip of paper from the basket by the bulletin board stating your resolution (no name needed) and then post it on the Step It Up a Notch in 2012 bulletin board in the main RE hallway.

With Blessings, Stacy

MARK YOUR CALENDAR

JANUARY 2012

15-16 NO CLASS

15 Pancake Breakfast after mass

23 March For Life 12:00 Wash DC

29-30 NO CLASS

JUST A FEW REMINDERS

- All students should be escorted to their classroom, even those in the upper grades. There are times that class may have to be cancelled on short notice so please ensure that there is a catechist in the room before leaving your child.
- Sunday morning families—Please wait until the end of class to congregate outside of the classroom doors. If you are leaving mass there is usually at least 20-30 minutes until class is dismissed. Seeing parents outside of the door is a signal to the kids that class is over which makes it difficult to finish lessons.
- **NO CHILD IS ALLOWED TO LEAVE THE BUILDING WITHOUT AN ADULT.** Please pick your child up promptly at the end of class at the classroom door. Do not have your child meet you in the parking lot.

INCLEMENT WEATHER POLICY—
Good Shepherd follows the inclement weather policy of FCPS.

Sunday class:

If FCPS cancels weekend activities then class is cancelled.

MASS WILL STILL BE CELEBRATED.

Monday class:

If FCPS has a delay the 3:30 class will be cancelled. The 5:00 and 6:30 classes will be held as scheduled.

If FCPS cancels afterschool activities, all classes will be cancelled.

If school is cancelled so are all classes.

NEW YEARS RESOLUTIONS TO STEP IT UP A NOTCH

- **Set aside family prayer time.**
A few minutes each morning to pray together as a family is a wonderful way to start the day. Evenings are also a good time to come together and thank God for the day's blessings.
- **Pray the rosary together.** This can be done daily or over several days if needed. I have wonderful prayer cards with easy to follow instructions - please let me know if you need one.
- **Read a bible verse each day**
- **Find projects that all family members can participate in that will benefit those in need.** A few ideas are to visit a nursing home, make a meal for ROCK, write cards to the homebound or clean out a closet and donate items.
- **Choose a saint to learn about.**
- **Do random acts of kindness for your family.**
- **Devotionals** are available for kids, adults, families, married couples, and parents. They are a great way to deepen your faith.
- **Attend First Friday mass/ Eucharistic Adoration**
- **Enroll in Faith Direct** to support our parish.
- **Get involved and volunteer** in the RE program or one of the other ministries here at Good Shepherd.

CLASSIFIEDS

Help Wanted: A volunteer coordinator is needed to help get **Praying for Pretzels** up and running for this spring. Volunteer will coordinate dough makers, bakers and kitchen schedules so children can make homemade pretzels to celebrate learning prayers. Time commitment is flexible and can be completed by home via email. Reply to stacy@gs-cc if interested.

Coming Soon: Sign ups for dough makers and pretzel bakers will begin in February.

Help Wanted: Classroom Custodians Volunteers are needed to help keep our classrooms ready for the kids. Supplies need to be organized and restocked, pencils sharpened, prayer tables changed with each season and bulletin boards decorated. Time commitment is flexible and can be completed during the day or evening when classes are not in session. All materials are provided. Reply to stacy@gs-cc.org.

Please note that no salary package is available for jobs listed, but the benefits are "heavenly"

KEEPING UP WITH THE KIDS

The Story of the Nativity was brought to life by over 40 parish children in early December. Thanks to all of the children and parents for making this such a wonderful event. A special thank you to the director, Ms Liliann Pineda. She is a parish teen and 4th grade assistant in our weekly RE program.



BABY BOTTLE CAMPAIGN A HUGE SUCCESS

Good Shepherd families were able to raise \$1415.30 in spare change to assist the Alexandria Crisis Pregnancy Center. Your generosity helps to purchase diapers and formula plus provide prenatal care. **If you still have a bottle (even if it's empty), please return it as soon as possible** since the agency must cover the cost of bottles that are not returned.

FAMILY FAITH

Activities for the whole family to grow in faith

Families are welcome to **ROCK** for the Hungry from January 22—February 27 . **ROCK (Route One Community Kitchen)** serves the hungry in our area on a daily basis from the Elk's lodge on Route One.

ROCK is seeing increased attendance at the daily meal they serve to the hungry in our area. Please consider having your family help out in one of the ways listed below:

- Take a foil pan and recipe from the RE hallway and return a meal to the freezer in Good Shepherd's kitchen.
- Bring fresh fruits or homemade baked goods (brownies, cookies, breads) to the parish kitchen.

ALL DONATED ITEMS SHOULD BE MARKED ROCK.

Frozen meals should be labeled with the recipe name and the date it was made. ROCK will use the meals as needed.

It is best to drop items off on Sunday or Monday as all food is picked up on Tuesday.

If you're interested or need more information, contact Stacy.

JANUARY SAINTS

1 Mary Mother of God

4 Elizabeth Ann Seton

5 John Neumann

7 Raymond of Penafort

20 St Sebastian

21 Agnes

24 Francis de Sales

25 Conversion of St. Paul

28 Thomas Aquinas

31 John Bosco

For more info go to www.catholic.org/saints