

CHILDREN'S PACK

THE SIGN OF THE CROSS

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.



While we say the words, we make a big cross by touching with our right hand first our forehead, then our chest, our left shoulder, and finally our right shoulder.

SAINT BENEDICT AND THE SIGN OF THE CROSS



St Benedict was born into a noble family in modern-day Italy around the year 490. As a young man he was sent to Rome to go to school. But he didn't like school because many of the other young men were very naughty, so he left to become a hermit. He was soon discovered and asked to lead a group of monks. But he was so strict that some very bad monks mixed poison in his wine.

But St Benedict always said his grace before he eat or drank, so he made the Sign of the Cross over his wine. And do you know what happened? ... the cup smashed and so his life was saved! This story teaches us that the Sign of the Cross is a very powerful prayer.

St Benedict eventually founded a famous monastery at Monte Cassino and wrote the rule of St Benedict. He died around 547. He is often called the Father of Western Monasticism. We celebrate his feast day on July 11.

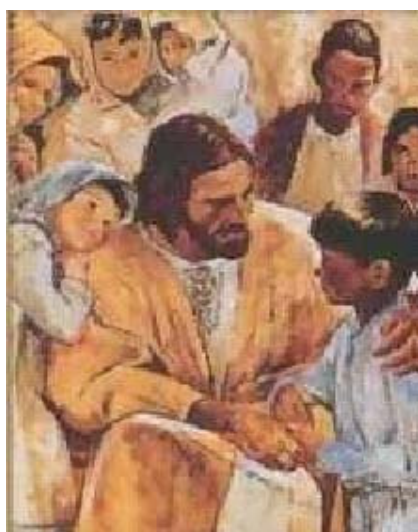


THE MASS



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SCRIPTURE VERSE



Jesus said, “Suffer the little children, and forbid them not to come to me: for the kingdom of heaven is for such.”

LETTER TO YOUR HEAVENLY FATHER

Name_____

Dear *Heavenly* Father,

I would like to come to Heaven one day because:

Please help me to:

Love,

CATECHISM QUESTIONS

Q. 1 *Who made me?*

God made me.

(Catechism of the Catholic Church 355)

Q. 2 *Why is God called Father?*

**God is called Father because
he is the creator of the world.**

(Catechism of the Catholic Church 238)

Q. 3 *How does God our Father show
His love?*

**God our Father shows His love
by caring for His children**

(Catechism of the Catholic Church 239)

Q. 4 *What is Heaven?*

**Heaven is God's home and a
place of perfect happiness**

(CCC 326, 1024)

THE OUR FATHER

Our Father; Who art in
Heaven, hallowed be Thy
Name; Thy Kingdom
come; Thy will be done on
earth as it is in Heaven.
Give us this day our daily
bread, and forgive us our
trespasses, as we forgive
those who trespass against
us; and lead us not into
temptation, but deliver us
from evil. *Amen*