

Looking for Jesus

Edition #7

Look Closely: Movement

What are some of the ways you move your body during the day? You might walk to school, sit down at a desk, run around a soccer field, climb the stairs to your room, jump on a trampoline, and then lie down on the couch to watch a movie.

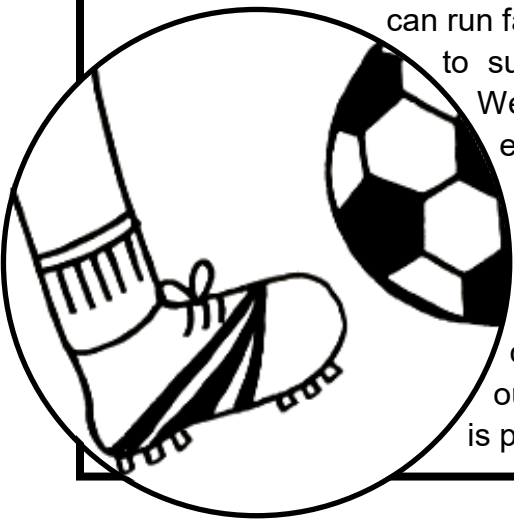
Whether we're walking, sitting, running, climbing, or jumping, our bodies move a lot! Our bodies are a gift from God. He has given us the ability to play and work using our hands, feet, and whole selves.

We can serve others through the movement of our bodies. We can hold our little sister's hand while we walk across the street. We can take out the trash for our mom. We

can run fast and play hard to support our team.

We can help our elderly neighbors rake leaves or shovel snow on their sidewalk.

The gift of our bodies and our ability to move is pretty amazing!



Peek Inside the Mass

Just like the movements of our body can be used to serve others, in the Mass we use our bodies to praise and worship God. At Mass, you may have noticed that we move a lot! We stand, sit, and kneel during many different parts of the liturgy. Why do we move so much?

Every posture of the Mass means something. Each physical movement is meant to express a spiritual attitude. Here are the meanings for some of the postures we use during the Mass:

- Genuflection: We genuflect by touching our right knee to the ground and pausing. We genuflect to show reverence to Jesus, who is present in the tabernacle.
- Standing: We stand to show respect during many of the prayers of the Mass, as well as during the reading of the Gospel.
- Sitting: We sit during the readings and the homily, which is a way to show that we are ready to listen to the teachings of Jesus.
- Kneeling: Kneeling is a sign of humility and reverence. We kneel during the Liturgy of the Eucharist, and before and after receiving the Eucharist in Holy Communion.

Crack the Code

Use the key to find the missing words in this verse. Then use your Bible to check!

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
☆	+	☺	☹	×	↑	◆	⊗	★	△	☹	⊕	⊗	↓	○	■	☆	⊕	☺	♥	➔	◇	⊗	▲	●	⊗

"I have _____ well; I have finished the _____; I have kept the _____."

☺ ○ ⊗ ■ × ♥ × ⊕

⊕ ☆ ☺ ⊗

↑ ☆ ★ ♥ *

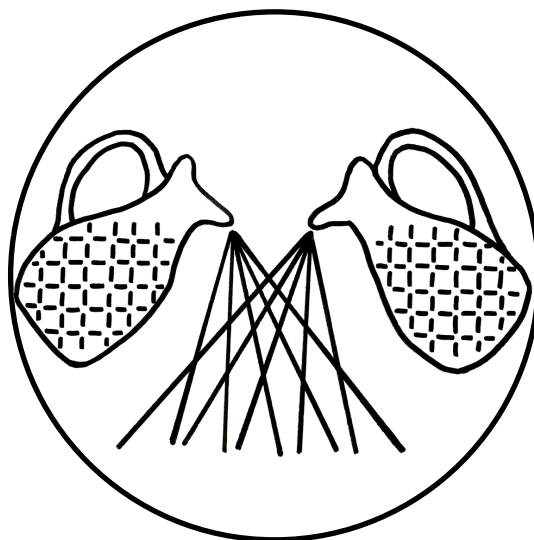
~2 Timothy 4:7

Saintly Superstars

Pier Giorgio Frassati was born in 1901 to a wealthy family in Turin, Italy. He was an athletic, friendly, energetic young man who enjoyed downhill skiing and mountain climbing. Photos of Pier Giorgio often show him with a huge grin on his face, surrounded by his friends. Pier Giorgio loved taking treks into the nearby mountains where he would tell his companions, "The higher we go, the better we shall hear the voice of Christ." He enjoyed discussing faith while on his outdoor adventures.

Pier Giorgio frequently participated in Mass and Adoration. Prayer was the foundation of his days. Unknown to his family, Pier Giorgio also lived out his faith through acts of service. He showed great generosity to those in need, visiting the poor and sick of his community. He provided for their needs and was later called "A Man of the Beatitudes" by Pope St. John Paul II, who beatified him in 1990.

Pier Giorgio Frassati continues to inspire the Church, and he will be canonized on August 3, 2025 during the Jubilee of Young People in Rome.



I Spy: Water & Wine

As the priest is preparing the gifts at the altar, have you ever noticed what he pours into the chalice? He begins by pouring wine from the wine cruet. But then he adds a small amount of water from another cruet. Why are both water and wine added to the chalice?

The mingling of the water and wine symbolizes the union of Christ's humanity (water) and divinity (wine). It represents the coming together of divinity and humanity in the person of Jesus in the Incarnation. It also points to our call to share in Christ's divine life.

Seek & You Will Find

Can you find these ten words in the wordsearch? They might be across, up and down, or diagonal.

Circle or highlight them inside the wordsearch, and then cross them off the list as you find them!

R	L	F	K	W	H	G	S	P	O	R	T	S	U	H
N	P	I	A	N	F	R	A	S	S	A	T	I	Z	Q
D	R	B	B	O	E	B	K	G	G	H	X	Y	K	I
M	N	R	W	U	C	E	N	E	X	V	T	B	E	H
H	O	I	A	Z	S	I	L	N	E	I	E	B	T	W
T	S	V	T	W	S	R	E	U	T	I	A	G	T	I
D	D	U	E	G	R	X	V	F	O	K	M	N	R	N
O	L	H	R	M	Q	Z	K	L	Z	C	T	D	W	E
I	I	M	B	P	E	L	E	E	P	E	Z	X	N	D
J	U	B	I	Z	O	N	E	C	U	J	R	F	O	Q
X	Q	A	G	Q	I	V	T	T	V	S	H	K	H	J
S	T	A	N	D	X	O	I	U	X	O	W	V	X	L
L	Z	K	Q	A	E	P	O	S	T	U	R	E	C	X
D	S	Y	H	J	M	L	D	R	O	E	Q	K	E	P
B	N	W	W	X	C	U	B	W	P	R	D	Z	P	Q

SPORTS
MOVEMENT
WATER
WINE
KNEEL
STAND
FRASSATI
GENUFLECT
TEAM
POSTURE