

Looking for Jesus

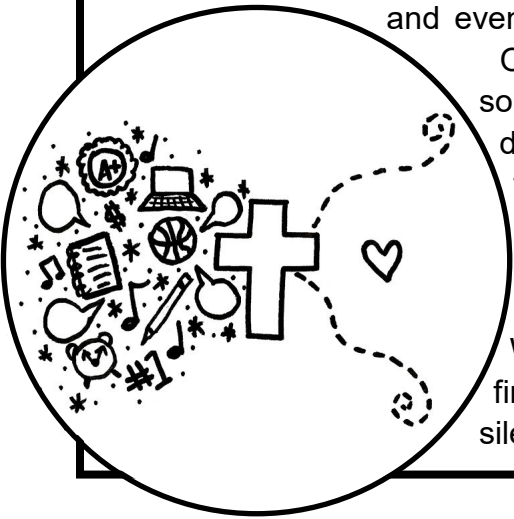
Edition #10

Look Closely: Silence

What parts of your day are very, very noisy? Maybe you hear traffic sounds, honking cars, and beeping traffic signals as you walk to school. Your cafeteria might be loud and busy, filled with voices chatting and silverware clanking. When you get home, you might hear a TV show, your brother yelling from upstairs, and a phone ringing all at the same time. Our days are often filled with lots of noise!

That noise can sometimes become a distraction. Our attention gets pulled away by toys and technology. Responsibilities can fill up our thoughts. We listen all day to parents, teachers, and coaches, as well as music, games, and shows. It can make it hard to think and even harder to pray.

Our minds desire some quiet in our day. Even just a few moments of silence can help our hearts be still and rest. When can you find a little time for silence in the day?



Peek Inside the Mass

In the Mass we say, "Lord, I am not worthy for you to enter under my roof, but only say the word and my soul shall be healed." This prayer echoes what the Centurion said to Jesus when he asked the Lord to come and help his servant who was sick. The Centurion humbly admitted that Jesus has the power to heal.

We prepare for Jesus to come "under our roof" when we receive Holy Communion. This image helps us imagine Jesus coming into our bodies and souls. Through the Eucharist, we consume Jesus' Body and Blood— so we should offer him a special welcome!

Like the Centurion, we can humbly admit that we are not worthy to receive Jesus, but believe that Jesus gives us himself as a gift. We can prepare by taking the quiet moments during the Liturgy of the Eucharist to talk to him and prepare our hearts to receive him.

Then after receiving Communion, we should take some silent time to pray, especially during these moments when Jesus is within us. Our hearts respond with wonder and awe that Jesus would come to us in the Eucharist. Pause for a moment, ignore the distractions around you, and say thank you!

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
☆	⊕	☺	☯	⊗	⬆	⬇	⊛	★	△	☹	⊕	⊗	⬇	○	◼	⊛	⊕	☺	☯	⬆	⬇	⊛	⬆	●	⊛

"Lord, I am not ⊛ ○ ⊕ ☯ ⊛ ● to have you enter under my ⊕ ○ ○ ⬆ ;

only say the ⊛ ○ ⊕ ☯ and my servant will be ⊛ ⊗ ☆ ⊕ ⊗ ☯ .

~Matthew 8:8

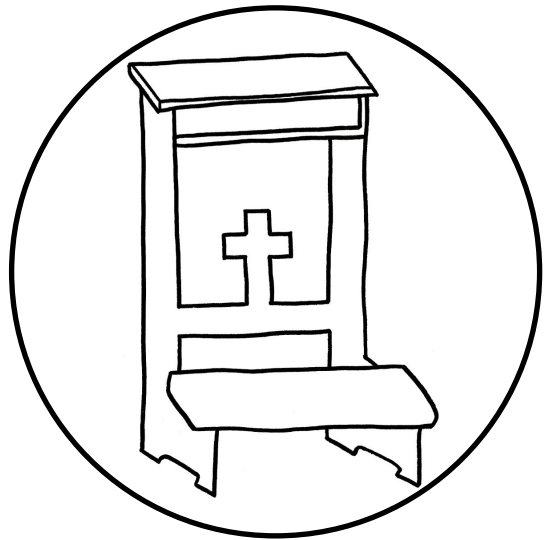
Saintly Superstars

Pope St. John Paul II reigned as pope from 1978-2005. He is remembered for a great many things, including his travel around the world, extensive writing, and work to bring peace and justice between countries and governments.

But Pope St. John Paul II is best remembered for his love of Jesus. John Paul gave Jesus his whole life, first as a young man growing up in Poland, then answering God's call to serve as a priest, and finally inspiring the whole world as the pope. His deep prayer life poured over into the speeches he gave, the books he wrote, and the conversations he had. People could tell that John Paul's communication with Jesus in silent prayer formed him into the man God created him to be.

In his homily at the inauguration of his pontificate, Pope John Paul II said, *"What shall I say? Everything that I could say would fade into insignificance compared with what my heart feels, and your hearts feel, at this moment. So let us leave aside words. Let there remain just great silence before God, the silence that becomes prayer."* He later said in his Angelus address on June 17, 1979, *"In this silence of the white Host, carried in the Monstrance, are all his words."*

From Pope St. John Paul II we can learn to listen closely to Jesus during our quiet prayer.



I Spy: Kneeling

We use many postures during Mass, like standing, sitting, and kneeling. They all have meaning and purpose. Why do we kneel at Mass? This posture is a sign of our humility before God. He is great and we are small— so our natural response is to worship him.

When do we kneel? We kneel during the Eucharistic Prayer of the Mass because this is when Jesus becomes present in the Eucharist. We also kneel before and after receiving Holy Communion.

We can kneel at other times to pray, whether on a kneeler at church, the floor next to our bed, or the grass of a football field. The outward posture of kneeling can help inwardly prepare our heart for prayer and the presence of the Lord.

Seek & You Will Find

Can you find these ten words in the word search?

They might be across, up and down, or diagonal.

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

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

QUIET
REST
PRAYER
SILENCE
JOHNPAILII
KNEEL
RECEIVE
WORTHY
HEALED
TIME