

# June

## OVERVIEW

### VERSE OF THE MONTH

#### JOHN 6:51

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.



### SAINT OF THE MONTH

#### ST. ANTHONY OF PADUA

### Overview

This month your family will explore and live out the Feast of *Corpus Christi*, Trinity Sunday, the feasts of the Sacred Heart of Jesus and Immaculate Heart of Mary, and learn about the beloved St. Anthony of Padua.



## YOUR *Catholic Home* THE FEAST OF CORPUS CHRISTI



The feast of *Corpus Christi* (which means *Body of Christ*) falls on the Thursday after Trinity Sunday, and celebrates the Eucharist. Pope Benedict XVI explained in 2007 that this feast day was meant for “openly reaffirming the faith of the people of God in Jesus Christ, alive and truly present in the most holy Sacrament of the Eucharist. It is a feast that was established in order to publicly adore, praise and thank the Lord, who continues to love us to the end, even offering us His Body and His Blood.”

### Practice It!

Bring your family to a Eucharistic Procession. Eucharistic processions are like mini-pilgrimages where the faithful process from one holy place to another, often incorporating cultural traditions from that region such as special clothing or decorations. They are led by a bishop or priest who carries a consecrated host in a monstrance. Eucharistic processions are an especially powerful and beautiful public witness of our faith and the merciful love of Christ.

If you cannot attend a Eucharistic Procession, take your family to Eucharistic Adoration and sing St. Thomas Aquinas’s Eucharistic Hymn, which he composed for the feast of *Corpus Christi*, *Tantum Ergo* (**page 3** of this guide). Hear the hymn at [SophiaOnline.org/TantumErgo](http://SophiaOnline.org/TantumErgo)

Before you go, read from the Gospel of John 6:51-58 as a family. It is here where Jesus gives the famous Bread of Life discourse, telling his followers “I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world” (6:51).

# TANTUM ERGO



## Latin

*Tantum ergo Sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensuum defectui.*

*Genitori, Genitoque  
Laus et jubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio. Amen.*

## English

*Down in adoration falling,  
Lo! the sacred Host we hail,  
Lo! o'er ancient forms departing  
Newer rites of grace prevail;  
Faith for all defects supplying,  
Where the feeble senses fail.*

*To the everlasting Father,  
And the Son Who reigns on high  
With the Holy Spirit proceeding  
Forth from each eternally,  
Be salvation, honor blessing,  
Might and endless majesty. Amen.*

# Celebrate!

## ST. ANTHONY OF PADUA

### JUNE 13

The Father's mercy is beautiful,  
broad, and precious.  
—St. Anthony of Padua



### THINGS TO DO THIS MONTH:

- 1 Eat Italian food on St. Anthony of Padua's feast day on **June 13**.
- 2 Look up pictures of St. Peter's Basilica in the Vatican and St. Paul's Outside the Walls in Rome on the feast of St. Peter and Paul on **June 29**.

### VERSE OF THE MONTH

#### JOHN 6:51

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.

### REMEMBER!

Jesus' Sacred Heart is full of love for us. Mary's Immaculate Heart brings us closer to Jesus.

### MEMORIZE!

There are three Persons in one God: the Father, the Son, and the Holy Spirit.



## Trinity Sunday

### FLOWER PLANTING

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**Age level:** Ages 8 and up

**Recommended time:** 15 minutes

**What you need:** seeds or nursery flowers, potting soil

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#### What you need to know before you begin:

The Blessed Trinity — the Father, the Son, and the Holy Spirit — is the central mystery of our Faith. When we speak of the Blessed Trinity, we are professing two beliefs: belief in the unity of God (that there is only one God) and belief in the Trinity of God (that there are three equal, distinct Divine Persons in God). When we say that there are three distinct Persons in God we mean that one Person is not the other Person, and yet all three are one God.

The Trinity is a communion of Persons who are united by an eternal exchange of love. God is a family, and God's family life is life-giving love. When we are baptized, we enter this family as God's adopted children. We become partakers of the divine life of God and are called to enter into loving communion in this world as a sign and witness to the divine communion existing in the Trinity.

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#### Activity

- ▶ Whether it falls in May or June, Trinity Sunday is a lovely time to beautify your home with flowers!
- ▶ As a family, plant or pot flowers that will help you recall the Blessed Trinity together.
- ▶ Look for flowers that have three petals. For example, because of their appearance, Bougainvillea flowers are also known as “trinitaria” or trinity. However, these beautiful blooms are not the only flowers with three petals: you could also choose mariposa lilies, tiger flowers, trillium, spiderwort, or others.
- ▶ After you plant or pot your flowers, say a Glory Be, touching each petal as you say the prayer: *Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.*



## Shamrock Trinity

### TRINITY CRAFT

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**Age level:** Ages 5–8

**Recommended time:** 15 minutes

**What you need:** Trinity Craft (in the Summer Activity Book)

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#### Activity

- A. Help your children cut out and assemble the Trinity Craft in their Summer Activity Book, while talking to them about how God is the Blessed Trinity: Three Persons in one God. Have your children color the large shamrock and each leaf. To assemble, cut out the large shamrock. Next cut out each leaf. Then paste the leaves on top of the large shamrock. See the assembled example below.
- B. Display the shamrocks in your home on Trinity Sunday and beyond.





# Feasts of the Sacred Heart of Jesus and Immaculate Heart of Mary

## FAMILY DISCUSSION AND JOURNAL ACTIVITY

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**Age level:** All ages

**Recommended time:** 15 minutes

**What you need:** Sacred Heart of Jesus and Immaculate Heart of Mary Journal (in the Summer Activity Book)

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### What you need to know before you begin:

Christianity has always been based on God's enduring and merciful love. Formal devotion to the Sacred Heart of Jesus has its roots in Europe following the Reformation. At the time, Calvinist reformers were teaching that God predestined certain souls to go to hell. This notion is, of course, false, and caused much pain and suffering for many people.

It was in the midst of this turmoil that a French nun named Margaret Mary Alacoque received visions of Jesus between 1673 and 1675. In these visions, Jesus told her of His merciful love for all of humanity, and revealed to her the devotion to His Sacred Heart: reception of the Eucharist on the first Friday of the month, time spent in a holy hour on Thursdays, and the installation of the feast day.

On the day following the feast of the Sacred Heart, we turn to Jesus' mother Mary, and honor her immaculate (or perfectly clean and unstained) heart. In Fatima, Portugal, in 1917, three shepherd children received visions of Our Lady, who told them that "to save poor sinners, God wishes to establish in the world devotion to my Immaculate Heart."

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### Activity

- A. Explain to your children that when we worship and adore Jesus, we are responding to His love. We love Him because He loves us so much; in fact His heart is so full of love for us that it spills over, pouring out infinite love.

- B. Continue to explain that when we love Mary, we are loving her not because we worship her, but because we want to imitate her. We hope that our love for Mary will help us be like her, completely offering herself to Jesus.
  - Talk about all the things Mary did to cooperate with God’s plan, such as carrying and giving birth to Jesus, feeding Him, teaching Him, fleeing to Egypt to protect Him, and remaining with Him as He suffered on the Cross.
- C. Have older children respond to the prompt on **Sacred Heart of Jesus and Immaculate Heart of Mary Journal (page 3 of the Summer Activity Book)**, and invite them to share their prayers with the family.
- D. Remember that we can only receive the Eucharist in a state of grace. Therefore, if you have unconfessed mortal sins, you should go to confession before receiving. Going to confession regularly as a family helps you grow in virtue, and ensures you can receive the Eucharist each week, including on First Fridays!



## Bread of Life Reflection

### SCRIPTURE READING, VIDEO, AND REFLECTION

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**Age level:** All ages

**Recommended time:** 15 minutes

**What you need:** Sophia SketchPad Eucharist video, found at **SophiaSketchPad.org**, Bread of Life Reflection (in the Summer Activity Book)

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#### What you need to know before you begin:

At Mass, when the priest says the words of consecration, “This is My body which will be given up for you...this is the cup of My blood...,” the bread and wine literally become the Body and Blood of our Lord, Jesus Christ. This is a difficult teaching to understand. The Eucharist still looks like bread and wine and when we receive it, it still tastes like bread and wine. But it is truly no longer bread and wine. It has become Jesus’ Body and Blood, Soul and Divinity.

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#### Activity

- A. A parent or older child should read aloud John 6:51-58.
- B. Then, together, watch the six-minute Sophia SketchPad video on the Eucharist. The free video is available at **SophiaSketchPad.org**. When you are finished watching, ask your children if they heard any of Jesus’ words in Scripture they just read in the video. Ask what else stood out to them about the video.
- C. Have your older children write a reflection on John 6:51-58 on Bread of Life Reflection in their activity books.

# St. Anthony of Padua

## SAINT OF THE MONTH

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**Age level:** All ages

**Recommended time:** 5 minutes

**What you need:** St. Anthony of Padua (in the Summer Activity Book), markers and/or crayons

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### Activity

Read aloud the story of this month's saint to your children. You may also want to show them the full page saint image. While you are reading or sometime the next day, have them complete the coloring page on **page 7** of the Summer Activity Book.

### Biography of St. Anthony

1195–1231 • Portugal

IN A TOWN IN ITALY, a group of Dominican friars were visiting a group of Franciscan friars for Mass. But there was a mix-up, and no one knew who was supposed to preach the homily! The abbot asked a young Portuguese friar to preach the homily, even though the friar had nothing prepared. The young friar's name was Anthony. Anthony stepped up to the pulpit. The other friars felt sorry for him because he had not had time to get ready. But when Anthony began to speak, the friars were astounded—he preached one of the best sermons they had ever heard!

Soon Anthony went out to preach about the greatness of Jesus throughout Italy. In one city, the people ignored him because they led busy, sinful lives. Some even made fun of him. So Anthony declared that if they would

not listen to him preach, he would preach to the fish instead! Anthony marched to the seashore, and a few curious onlookers followed him. Standing on the sand, arms outstretched, Anthony proclaimed God's great love for creation. As he preached, first one fish swam close to the shore, then another, and soon schools and schools of fish were listening to Anthony by the shore. The onlookers were amazed. They rushed back to the town and gathered the townspeople to watch the miracle. The people gasped as the fish bobbed their heads out of the water and listened to Anthony's powerful words. When Anthony finished his sermon, the fish darted away in flashes of silver. The townspeople begged Anthony's forgiveness, and from then on they listened to his preaching.

Anthony continued to preach throughout the country and brought many people closer to Jesus. But then he became sick, and so he retreated to a small home under a walnut tree to offer up his suffering to Christ. A passerby saw a burning light shining from the window of Anthony's cell. He burst into the room, afraid that there was a fire, and

saw the wondrous sight of Anthony holding the Child Jesus in his arms. Anthony begged the man not to reveal what he had seen until after Anthony's death. Knowing that his death approached, Anthony traveled to Padua and died a holy death in a nearby convent at the age of 35. St. Anthony of Padua, help me to carry the Child Jesus in my heart!

# SUMMER ACTIVITY BOOK

JUNE

VERSE OF THE MONTH

**JOHN 6:51**

I am the living bread that came down from heaven;  
whoever eats this bread will live forever; and the bread  
that I will give is my flesh for the life of the world.



SAINT OF THE MONTH

**ST. ANTHONY OF PADUA**

St. Anthony had a very special and simple way of teaching  
others about Jesus.

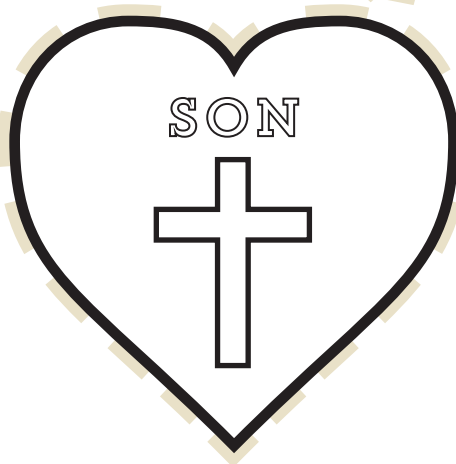
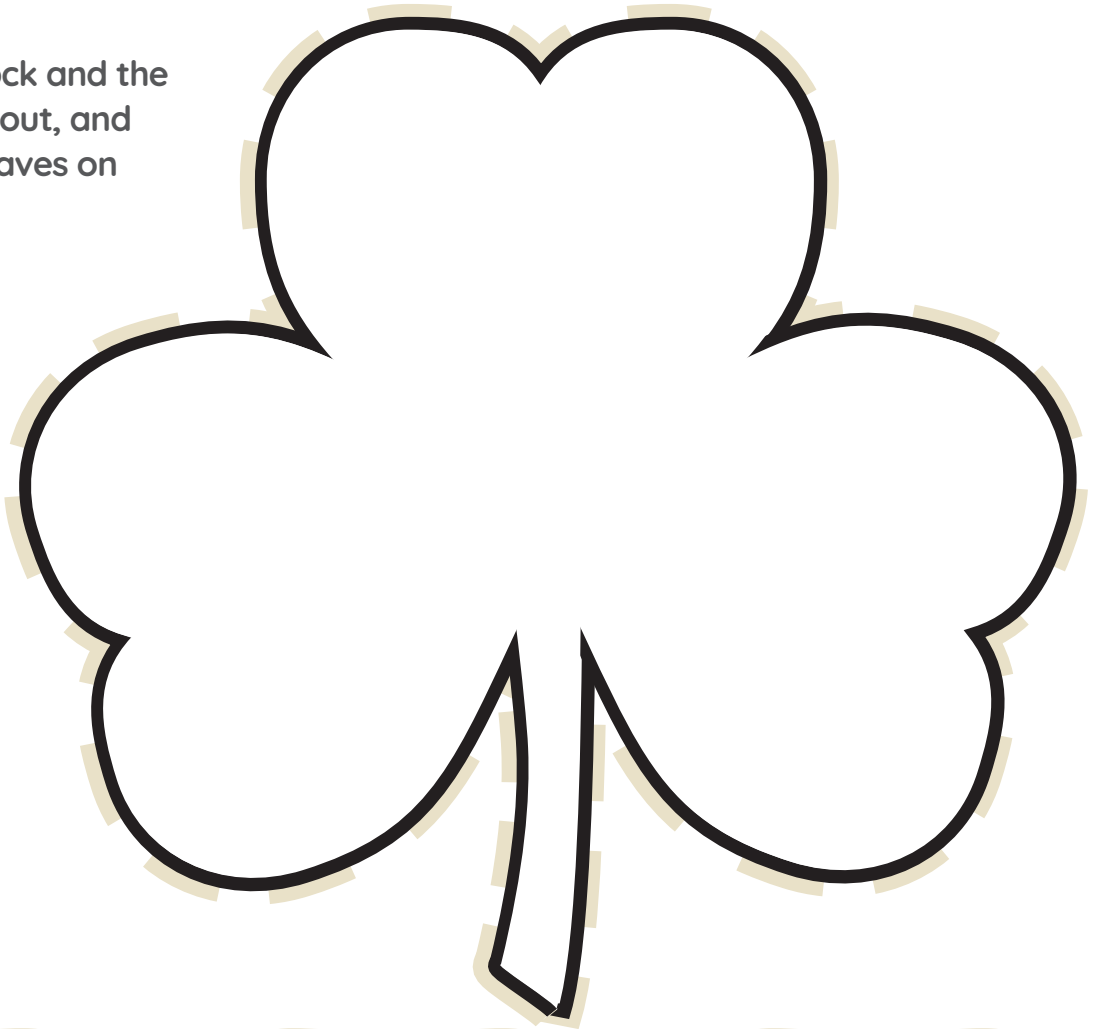
*Learn more about him on page 6.*



# TRINITY CRAFT



Color the shamrock and the leaves. Cut them out, and then paste the leaves on the shamrock.





# SACRED HEART OF JESUS AND IMMACULATE HEART OF MARY JOURNAL



1. In the space below, write a prayer thanking Jesus for his merciful love.

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2. Write a prayer asking Mary to help you imitate her, especially in all the ways she said “yes” to God.

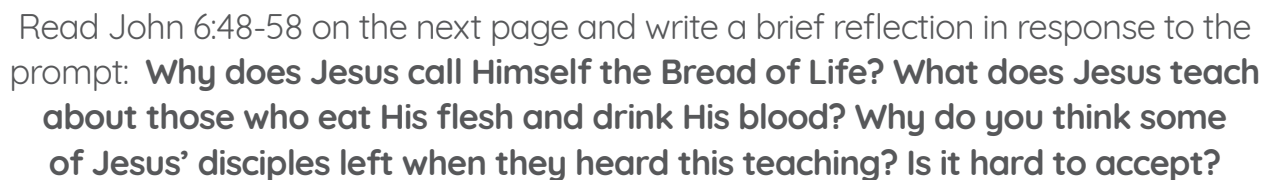
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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## BREAD OF LIFE REFLECTION



I am the Bread of Life.

Your ancestors ate the manna in the desert, but they died;  
this is the Bread that comes down from heaven  
so that one may eat it and not die.

I am the Living Bread that came down from heaven;  
whoever eats this Bread will live forever; and the Bread  
that I will give is My flesh for the life of the world.”

The Jews quarreled among themselves, saying, “How  
can this man give us [His] flesh to eat?”

Jesus said to them, “Amen, amen, I say to you, unless you eat the flesh  
of the Son of Man and drink His blood, you do not have life within you.

Whoever eats My flesh and drinks My blood has  
eternal life, and I will raise him on the last day.

For My flesh is true food, and My blood is true drink.

Whoever eats My flesh and drinks My blood  
remains in Me and I in him.

Just as the living Father sent me and I have life because of the Father,  
so also the one who feeds on Me will have life because of Me.

This is the Bread that came down from heaven. Unlike your ancestors  
who ate and still died, whoever eats this Bread will live forever.”

—JOHN 6:48-58

# ST. ANTHONY OF PADUA

1195–1231 • PORTUGAL

SAINT OF THE MONTH

IN A TOWN IN ITALY, a group of Dominican friars were visiting a group of Franciscan friars for Mass. But there was a mix-up, and no one knew who was supposed to preach the homily! The abbot asked a young Portuguese friar to preach the homily, even though the friar had nothing prepared. The young friar's name was Anthony. Anthony stepped up to the pulpit. The other friars felt sorry for him because he had not had time to get ready. But when Anthony began to speak, the friars were astounded—he preached one of the best sermons they had ever heard!

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**ST. ANTHONY OF PADUA**