

CGS NEWS

Lenten Lessons | An Excerpt from *The Spiritual Child* by Lisa Miller

ORDINARY TIME

Level I Lessons

- + The Good Shepherd
- + The Found Sheep
- + Jerusalem I and II
- + The Cenacle
- + The Liturgy of Light

Level II Lessons

- + Psalm 23
- + The City of Jerusalem
- + The Mystery of Life and Death
- + Origin of the Eucharist
- + The Mystery of Faith
- + Re-Enactment of the Last Supper
- + The Liturgy of Light

Level III Lessons

- + A Bible Study of Exodus
- + The Exodus Typology
- + The Liturgy of Light

Please send your child with their Bible!



The Science of Faith

The following is an excerpt from *The Spiritual Child* by Lisa Miller about a couple named Nick and Fran.

We're Being Asked to Show Up

By age five, Maya was a sparkling child: loving, adventuresome, curious, and delighted by life. One morning they passed by the towering church a few blocks from their house and across the street from the coffee shop that Fran often stopped in during their busy days of errands and activities. They passed the church many times before and never entered. This morning was different.

“Mama, let’s go in! Let’s go in!” Maya said excitedly.

Fran and I had talked about the crucial need for parents to support children’s developing natural spirituality, and since then she had been mulling this over. She had found the science fascinating and the evidence convincing. But what struck her



Meeting Christ in Prayer Adult Groups

The next *Meeting Christ in Prayer* small group meets February 12 – March 26 from 10:15 am – 11:15 am in the Ignatius Center next to church – while your children are in faith formation. Refreshments will be served each week. Consider dropping in this Sunday.

You have probably heard Fr. John or me speak of the *Spiritual Exercises of St. Ignatius. Meeting Christ in Prayer* is based on the Spiritual Exercises. Many of you chose St. Peter parish because of your interest in Jesuit Spirituality and MCIP is a way to learn more about it.

When Jesus walks with us and is our guide, Pope Francis tells us, we will keep discovering the deepest truth that makes us free and gives us life. The grace is already given to us to be discovered and embraced. Please consider this prayer opportunity while your child is in faith formation.

God Bless you,
Fr. Jim Shea, S.J.

most of all was this new awareness of spiritual development as a foundational aspect of child development—Maya’s development—and all she had to do to support her daughter was to pay attention, respect her observations and questions, and share in exploring the ideas. There was no need to have the “right” answers or detailed how-to instructions. All she had to do was join her child in the moment, let her child be her guide, welcome conversation, and leave the conversation open, rather than avoid it or shut it down.

“So when she said ‘Let’s go in! Let’s go in!’ what I really wanted to do was go get the grocery shopping done so I could get home and make lunch and do all the things we needed to do,” Fran told me. “But instead, I sort of gritted my teeth and took a deep breath and said ‘Okay, sweetheart,’ because if she wanted to go in then I should encourage it.”

Once inside Maya led the way with her observations and questions and Fran discovered a new experience in viewing the moment purely through her daughter’s eyes. She was able to welcome Maya’s questions without feeling pressured to provide definitive answers. She was free to wonder aloud and ask Maya what she thought. It was, Fran said later, an exquisite experience.

Parents often hear spiritual questions as requests for answers or knowledge that they aren’t prepared to provide. But that’s a misunderstanding, or perhaps a reflection of our own natural anxiety to do everything right. We worry that we don’t know the right answer or that we’re dealing with something so big that we don’t want to ruin it or say the wrong thing. Or it might be that spirituality has not been something important in our own lives, or it isn’t a space in which we’ve spent recent time exploring, developing, and wondering. So it may be tempting to repeat what you heard as a child: *Oh, we don’t do that*. But the precious opportunity before you is that your child is giving you an opening and saying, *Hey, come with me*. You don’t need to know where you’re going or how you’re going to get there—you are simply being asked to go with her. Our children look to us, but not really for the answers. We’re being asked to show up. We need to show up, but we don’t need to have all the answers.

This Lent how can you “show up” to curiosity, wonder, beauty, and awe that come so easily to your children?