



# CCB Parent Connector:

Catholic Community of Billerica  
St. Andrew, St. Mary, & St. Theresa



September 2016

[WWW.BILLERICACATHOLIC.ORG](http://WWW.BILLERICACATHOLIC.ORG)

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## After the Baptism: What now?

Congratulations on your child's baptism! What an immeasurable gift you have given your child.

Pope Benedict said that in baptism, "we are united to God in a new existence; we belong to God; we are immersed in God himself."

*Immersed in God himself.* How amazing is that? This is the gift you have provided your child with. But with that gift comes your promise, as parents, to bring your child(ren) up in the practice of the Catholic faith. This includes not only participating in weekly Sunday Mass but also living out your Christian vocation at home. The Church teaches that the family is the "domestic church." It is the first place that children experience a loving community.

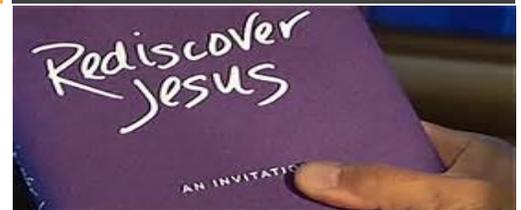
Saint John Paul II in his exhortation: "Catechesi Tradendae" emphasized that parents catechize by the way they live, and through teachable

moments and family events. You are your children's first role models, whether you like it or not! You have an incredible opportunity to transmit loving values that are vital to the spiritual and moral development of your child.

This short monthly parent newsletter hopes to provide a few helpful tips as you continue your journey as Christian parents. There will be different methods of prayer shared as well as ideas on how to navigate these beautiful, yet trying, years. Please don't hesitate to let me know of suggestions or things you would like to hear about.

*Adrienne*

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# Prayer: The Daily Examen

The Daily Examen was introduced by St. Ignatius of Loyola in his Spiritual Exercises as a way for himself, and others, to prayerfully reflect on the events of the day and see God's presence in all we do.

Although there are several versions of this technique of prayer you will find online, all of them have five steps. Below is a simple version that you may find helpful to begin with:

1. Place yourself in God's presence. Give thanks for God's great love for you.
2. Pray for the grace to understand how God is acting in your life.

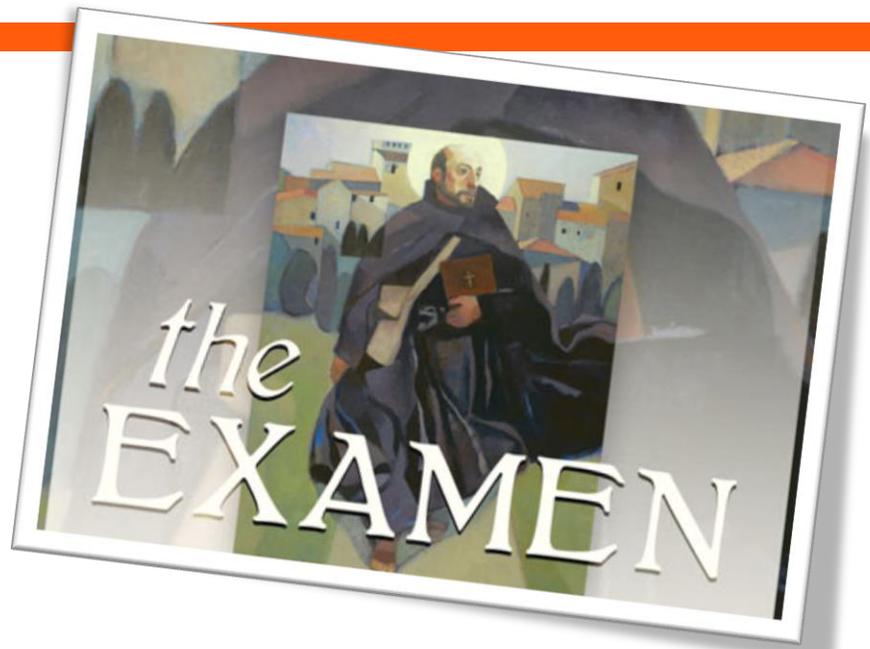
3. Review your day — recall specific moments and your feelings at the time.

4. Reflect on what you did, said, or thought in those instances. Were you drawing closer to God, or further away?

5. Look toward tomorrow — think of how you might

collaborate more effectively with God's plan. Be specific, and conclude with the "Our Father."

*See Page 3 for a list of websites with more information on the Daily Examen!*



## Rediscover Jesus: An Invitation

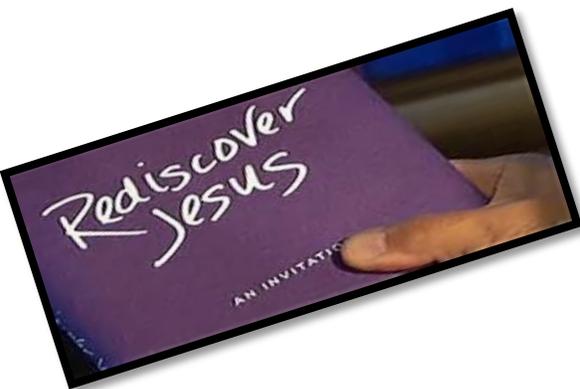
A six-week drop-in Book Discussion Group

Join fellow young adults and parishioners this fall for a **six-week drop-in book discussion group** to discuss Matthew Kelly's book "Rediscover Jesus: An Invitation." The book is divided into 40 very short and easy to read chapters; the idea is to read one chapter a day. You can do this!

**There will be discussion groups on Tuesday evenings at 7 PM and Thursday at 10AM held at Fr. Wilson Hall in St. Andrew Church, as well as Saturday mornings at 9:30 AM at St. Mary Rectory.** If your schedule permits, we would love to have you come and be a part of this experience. **Even if you are unable to attend the discussion group, books are available for a mere \$1 donation and can be picked up at all three rectories.** Please contact [Adrienne.Cullen.CCB@gmail.com](mailto:Adrienne.Cullen.CCB@gmail.com) if you are interested in a book or dropping in at one of the meeting times.

*"What's holding you back from believing in Jesus completely?"*

*(p. 36, Rediscover Jesus)*



**MASS TIMES****Weekdays**

Monday 9 AM St. Mary  
12:05 PM St. Andrew

Tuesday 9 AM St. Theresa  
12:05 PM St. Andrew

**Wednesday**

9 AM St. Mary

Thursday 9 AM St. Theresa

Friday 9 AM St. Theresa  
12:05 PM St. Andrew

Saturday 9 AM St. Mary

**Weekends**

Saturday 4PM St. Andrew  
4 PM St. Mary

4 PM St. Theresa

Sunday 7:30 AM St. Andrew

8 AM St. Theresa

9 AM St. Mary

10 AM St. Andrew

10:30 AM St. Theresa

NOON St. Mary

5 PM St. Theresa

**Sacrament of Reconciliation**

Saturdays: 3:15 PM at all three churches and by request.

**St. Andrew Church**

45 Talbot Ave. N Billerica  
978-663-3624

**St. Mary Church**

796 Boston Rd., Billerica  
978-663-2215

**St. Theresa Church**

One Grace Ave., Billerica  
978-663-8816

# More resources for Daily Examen

1. <http://www.ignatianspirituality.com/ignatian-prayer/the-examen/lunchtime-examen>
2. <http://www.loyolapress.com/our-catholic-faith/prayer/personal-prayer-life/different-ways-to-pray/prayerfully-reviewing-your-day-daily-examen>
3. <http://ignatiansolidarity.net/blog/2015/07/30/the-ignatian-examen-an-invitation-to-a-little-peace-along-the-parenting-journey/>
4. <http://www.ignatianspirituality.com/23542/reimagining-examen-app>



## Tip of the Month

**Share regular meals together as a family, and say grace.**

It is never too soon to make a habit of eating together as a family. No matter what the meal is, the important thing is that you all sit around the table and engage in the ritual of eating and sharing stories of the day.

Prayer before a meal can be informal or a memorized prayer such as "God is great, God is good, let us thank Him for our food." Young children can join in holding hands & sharing something they are thankful for that day.

*Bless us, O God, as we sit together.*

*Bless the food we eat today.*

*Bless the hands that made the food.*

*Bless us, O God.*

*Amen.*