

Familia Fidelis



A resource for Catholic families in the Diocese of Scranton

VOLUME 4, ISSUE 10

OCTOBER 2011

INSIDE THIS ISSUE:

For Mom and Dad: 4 Elements of Conflict Resolution 1

For Teens: Why do we go to Mass on Sunday? 1

For Children: Horton Hears a Who 2

Friends for Families: St. Basil the Elder and St. Emelia 2

“The Christian family constitutes a specific revelation and realization of ecclesial communion, and for this reason it can and should be called a domestic church. It is a community of faith, hope, and charity....”

(Catechism of the Catholic Church, 2204)

Contact:

Brendan Murphy
Director of Family Life,
Marriage Prep, and Adult
Faith Formation
(570) 207-2213, ext. 1133
Brendan-Murphy@dioceseof
scranton.org

For Mom and Dad— Four Elements of Conflict Resolution

1. Know the distinction between difference and disagreements. You can differ with your spouse without having a disagreement. You can vote for different presidential candidates, prefer different restaurants, or have different favorite movies. These differences do not necessarily impact your relationship, because you can act on your own to satisfy your preference. But if you differ about whether to live on the East or West coast; or if you differ over whether or not to buy a house, then it is hard to go forward without resolving that difference.

2. Differences become disagreements when space is limited. Since in marriage you join your lives and commit to staying together, then your choices of some basic issues become matters for joint decision-making. Not only is your physical space limited, but your psychic space is limited, too. How do you feel about having

company on Saturday evening? How do you feel about cleaning up the house Saturday afternoon in order to have it ready for company Saturday evening? It's “our” decision, it's “our” company, and it's “our” space to make ready. We may have different needs for socializing, different desires for time use and different standards for tidiness, all of which have to be negotiated for this one event.

3. When disagreements heat up, they become conflicts. There is a bodily reaction that happens when you are in a conflict. Your pulse rises, your breathing speeds up, and you often get sweaty palms. Your body is sending adrenaline into your system, because it believes you are in danger. It is preparing you to fight. This reaction happens faster in some people than others, but whenever it happens, it drives the ability to come to a reasonable solution right out of the picture. The fight instinct

drives away the learned response to compromise every time. When you're ready to fight you cannot feel your love for your partner; therefore, the conflict takes place in a dangerous zone, without the caring that normally characterizes your interactions with one another. At this point you must make a choice. Either you can resolve the conflict and come back together feeling good about each other and your relationship, or you can come away feeling embattled and resentful, and it will make your relationship more difficult, at least for a while.

4. Conflicts are resolved more easily when you can cool off first. Making the choice to back away from a fight until you can talk calmly – while taking a huge amount of discipline – can reap big benefits for your relationship. The only way to win an argument in a marriage is for both partners to come away feeling that they were heard and respected.

-ForYourMarriage.org

For Teens— Why do we go to Mass on Sunday?

[The following is an excerpt from *Do I Have to Go?* By Matthew Pinto and Chris Stefanick]

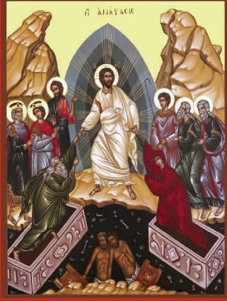
“In most places, Mass is available to Catholics every day of the week but is mandated on Sunday, which is why most Catholics only go to Mass on that day.

God commanded His people to set aside the Sabbath for rest and

prayer (see the Third Commandment). This is modeled on God's own ‘rest’ following the six days of Creation. Genesis tells us that on the seventh day, after God had created everything, He ‘rested’ (See Gen. 2:1-3).

The people of God before Christ came, and Jews to this day, observe the Sabbath rest on Saturday, the seventh and final day of

the week. Christians have always observed the third commandment by keeping Sunday, rather than Saturday, holy. So, you might ask, why do we worship on Sunday? Sunday, which is regarded as the first day of the week, is the day that God began His work of creation. Jesus rose from the dead on a Sunday. Therefore, Christians have al-



“Jesus rose from the dead on a Sunday. Therefore, Christians have always regarded it as the first day of the ‘new creation.’”

“Entertaining, profound, and lushly animated, *Horton* has converted this Seuss doubter.”

St. Basil the Elder and St. Emmelia had 10 children, 4 of whom would go on to be canonized as saints.



FAMILIA FIDELIS

For Teens...Continued

ways regarded it as the first day of the ‘new creation’—inaugurated by the resurrection and the new holy day.

Sunday is figuratively referred to as the ‘eighth day’—the day that follows the completion of the old creation (which Genesis describes as occurring in seven days) and inaugurates a new (supernatural) creation that awaits us just beyond the seven-day cycle of time—the ‘day’ of eternity. It is because of this that many baptismal fonts are eight sided. At that

font we enter into this new creation. As St. Paul put it, ‘If anyone is in Christ he is a new creation. The old is passed away; now all is new!’ (2 Cor. 5:17).

Sunday worship is not a discontinuation of the Sabbath observed before Christ on Saturday, but rather, is one of many ways in which the Old Covenant (i.e. Testament) has been fulfilled and completed in Christ.”



Want more?

If you are interested in learning more about what Catholics believe about the Mass and why, then check out **Do I Have to Go? 101 Questions About the Mass, the Eucharist, and Your Spiritual Life** by Matthew Pinto and Chris Stefanick.

For Children—Horton Hears a Who



I have to admit it—I’ve never been a Dr. Seuss fan. My mom, who read to me and my siblings when we were young, was not a fan as well, which is probably the root of my aversion to his books. That being said, when we borrowed the film version of **Horton Hears a Who** from our local library, I was surprised by how much I enjoyed watching the

movie with our children.

The film has a great message in regards to the sanctity of life. The most famous phrase in both the book and movie adaptation is “A person’s a person no matter how small.” That phrase and all it implies immediately clicked with our children. In addition, the primary “bad guy” in the film is a skeptical kangaroo who insists on several occasions that “if you can’t see it, touch it, or

hear it, it doesn’t exist.” Horton, however, suggests otherwise, even though his views earn him nothing but scorn and mockery from his peers. The whole storyline made me think of the recently reignited debate between religious believers and non-believers over the existence of God and supernatural realities.

Entertaining, profound, and lushly animated, Horton has converted this Seuss doubter.

Friends for Families—St. Basil the Elder and St. Emmelia

St. Basil the Elder and St. Emmelia were Christian spouses whose deep love for the Church and one another led them to joyfully welcome 10 children over the course of their marriage. Four of their children would eventually be canonized as saints themselves.

St. Basil the Elder studied law and rhetoric and is described as a man of great virtue by those who knew him. When he married St. Emmelia the

couple quickly gained a reputation for their sanctity and devotion to the poor. St. Basil the Elder died not long after the birth of their 10th child. St. Emmelia, then, devoted herself to the upbringing of their children. In particular she taught her children from an early age to learn and treasure Sacred Scripture. The Old Testament Book of Wisdom, in particular, was a tool by which she taught her children

how to live virtuously.

The four children who would go on to become saints were St. Macrina the Younger, St. Basil the Great, St. Gregory of Nyssa, and St. Peter of Sebaste, the youngest of the family.

This holy family is a great example for all of us today not only due to the faith of the parents, but also because of the active and joyful faith of their children.