



## focus on faith This Summer

With the kids out of school, and routines out the window, Summer can bring a new challenge to keeping our faith at the top of our priorities. Simple habits, some for you, some for the whole family, can help keep the faith alive and growing in your house even amongst the unruliness of Summer:

- Thank God for 3 things everyday at breakfast
- Listen to Christian music in the car
- Add a spiritual book to your Summer Reading List
- Pray a decade of the rosary one evening a week
- Go to confession before any mass
- Visit the adoration chapel anytime

## Motherhood. Inspired.

If you want to change  
the world, go home and  
love your family.

- Mother Teresa

## An Invitation

Join us at daily 9am mass on  
Tuesdays and Thursdays this  
Summer, followed by coffee and  
socializing in the parish hall.  
Bring the kids!

## A Challenge

Visit the adoration chapel  
with your child this month.

## Mark your Calendar!

Our next Mother-Daughter Spiritual  
Brunch will be May 20, 2018.

Opportunities to sponsor and help  
with this growing event are  
available; please respond to this  
email if you are interested.



## Making your life your prayer

June has come and gone, and we are zooming into July already! The new rhythm of our days and nights this season can make it difficult to pray and feel connected to God.

Although we may have the best of intentions with daily prayer, things just don't always go as we plan! This summer, let's take a deep breath and make our life our prayer. Our interactions with our family, our neighbors and strangers can be an ongoing conversation with God. We can offer small acts of kindness, service and extra patience to Him as we go through our days and grow closer to God by intertwining even our smallest actions with our faith.

## Motherhood. Inspired.

She is clothed in *strength* and *dignity* and she can laugh at the days to come.

-Proverbs 31-

## An Invitation

Join us at daily 9am mass on Tuesdays and Thursdays this Summer, followed by coffee and socializing in the parish hall.

Bring the kids!

## A Challenge

Spend 10 minutes connecting with your daughter, one on one, with no distractions. Be intentional about showing her she has your full attention and enjoy the uninterrupted time together.

## Mark your Calendar!

Volunteer at St. Mark's Rise Against Hunger as a family July 15. Details are on the parish website.



## A Minute for Mom

August brings a bittersweet end to summer and its whirlwind pace.

Many of us look forward to the return of routine and regular schedules but will greatly miss the fun and excitement of the season.

As we prepare to jump into Fall and all the beauty it brings, we have the

opportunity to reconsider our priorities and design our daily schedules accordingly. One change

which can transform our outlook each day is beginning our mornings with prayer. Maybe this means 10 minutes of thanking God and asking

for His help with your tasks at hand, or maybe it is reading a devotional

to help center your day on God's plan for your time. When we as

mother's focus on growing in faith, our families also reap the benefits.

Let's enjoy the last days of summer and head into Fall with a plan to

bring God deeper into our lives through intentional, daily prayer.

## Motherhood. Inspired.

God is with her,  
she will *not* fall.

-Psalm 46:5-

## An Invitation

Join us at daily 9am mass on Tuesdays and Thursdays this Summer, followed by coffee and socializing in the parish hall.

Bring the kids!

## A Challenge

Discuss the following proverb with your daughter: Charm is deceptive, beauty does not last; but a woman who fears the Lord will be greatly praised.

Proverbs 31:30

## Mark your Calendar!

Holy Day of Obligation—August 15

The Assumption of the  
Blessed Virgin Mary



## Being Still

Amid the hustle and bustle of new Fall routines, we can feel like there isn't enough time in the day to meet the demands of family life. Being in constant motion, mentally and physically, is exhausting! The busy nature of life today clouds our view of God's love by constantly pressuring us to beat the clock, do more, and remain distracted from the still, quiet voice of our Lord. He is always there, as we wake, cook, shuttle kids from one place to another, and try to manage a never-ending to-do list. The seemingly urgent tasks at hand can often rob us of our greatest desire—to be present and attentive to God's call for our lives. He is waiting for us and He shows Himself throughout our days if we can stop and notice. We must be intentional about slowing down and resting in Him to find the peace we are meant to have. Prioritizing still, quiet time with Jesus allows His plan to prevail over our plans. Let's all find quiet moments this month to just be still.

## Motherhood. Inspired.

Seek His will in *all* you do  
and He will show you  
which path to take.

Proverbs 3:6

## An Invitation

Join a Small Group this Fall  
through St. Mark and  
grow in faith and community!

Visit [www.stmarknc.org](http://www.stmarknc.org)  
for more information

## A Challenge

Talk about ways that God may be  
calling you and your daughter to  
simplify your lives to make room  
for Him. What activities  
distract you the most?

Examples—social media, online games

## Mark your Calendar!

September 16, 6:15-8:45  
SeptemberFest at St. Mark  
See parish website for details





## Letting it Go

How many times have we heard the Disney song “Let it Go”? It is such a simple, yet timely and powerful message. As moms, we carry around a myriad of thoughts and worries that only hold us down. Whether we battle insecurities, guilt, worry for the future, or regret from the past, we can all relate and benefit from giving our baggage over to God. He forgives fully, understands completely, and will provide what we need each day, we need only to ask. Moms, let’s take a deep breath today, gather up all the things we can’t control, say a prayer and Let it Go!

## Motherhood. Inspired.

The Lord is  
near to *all* who  
call on Him.

Psalm 145:18

## An Invitation

Attend the Mothering with Grace  
Conference at St. Ann’s in  
Charlotte on Nov. 4. More details  
[www.motheringwithgrace.org](http://www.motheringwithgrace.org)

## A Challenge

Pray a rosary with your  
daughter and try to go to  
confession together.

## Mark your Calendar!

- October 13 -The 100 year anniversary of Fatima celebration at St. Mark
- Oct 20 & 21, St. Mark Parish Hall  
Dr. Ralph Martin will speak on “Living as a Catholic in Challenging Times”

More details [www.stmarknc.org](http://www.stmarknc.org)



## A Minute for Mom

## Giving Thanks in all Things

What if we thanked God like we beg Him? This statement was made recently at a Mothers' conference and rang true in so many ways. It is easy to turn to God in the difficult times and ask for help when we are in need. What if we could in the same way give thanks to Him, even during the hardships we face personally and as families. Each struggle we take on is an opportunity to become closer to God and to trust Him more fully with our lives. Each painful event we help see our kids through is an opportunity to relinquish control and turn to prayer rather than despair. Our faith is strengthened in trying times. In this season of great Thanksgiving for all of the blessings we enjoy, let's also give thanks during the challenges we face and see that through the struggles, God is always there. He doesn't give us more than we, together with Him, can endure.

## Motherhood. Inspired.

Give thanks to the Lord,  
for He is good. His love  
endures forever.

1 Chronicles 16:34

## An Invitation

January 4, 2018— 5pm-7:30pm  
Volunteer with Room in the Inn with  
your daughter and serve a meal to the  
homeless at the Kerin Center.  
RSVP - [hylandfamilync@gmail.com](mailto:hylandfamilync@gmail.com)

## A Challenge

With your daughter, make a list  
of all the things you are grateful  
for and post it in your home.

## Mark your Calendar!

Blessing of the Bread  
Nov 23, Thanksgiving Day, 9am  
St. Mark will have mass with a  
special blessing of the bread to  
follow; bring your loaf to be  
blessed by the priest.