

10 STEPS TO HELP YOUR CHILD SAY



TALK WITH YOUR CHILD ABOUT ALCOHOL AND OTHER DRUGS

You may help change the ideas your child may have, like 'Oh, everybody drinks, smokes or uses other drugs, so what?'

LEARN TO REALLY LISTEN TO YOUR CHILD

Your child is more likely to talk with you when you give verbal and non verbal cues that show you are listening.

HELP YOUR CHILD FEEL GOOD ABOUT HIMSELF

Your child will feel good when you praise effort, as well as accomplishment and when you correct by criticizing the action rather than the child.

HELP YOUR CHILD DEVELOP STRONG VALUES

A strong value system can give your child the courage to say 'No' rather than listen to friends.

BE A GOOD ROLE MODEL OR EXAMPLE

Your habits and attitudes may strongly influence your child's ideas about alcohol, tobacco and other drugs.

HELP YOUR CHILD DEAL WITH PEER PRESSURE

A child who has been taught to be gentle and loving may need your 'permission' to say NO to negative peer pressure.

MAKE FAMILY RULES

It's helpful when you make specific family rules about your child not using alcohol or drugs or smoking cigarettes. And it's helpful to tell your child the punishment for using them.

ENCOURAGE HEALTHY CREATIVE ACTIVITIES

Hobbies, school events, and other activities may prevent your child from using alcohol, tobacco or other drugs out of boredom.

TEAM UP WITH OTHER PARENTS

You can join other parents in support groups that will reinforce the guidance you provide at home.

KNOW WHAT TO DO IF YOU SUSPECT A PROBLEM

You can learn to recognize the telltale signs of alcohol, tobacco

For the Jesus Club

To add to their 'Glued to Christ' booklet

Our Lady of the Rosary

Pope St. Pius V established this feast in 1573. The purpose was to thank God for the victory of Christians over the Turks at Lepanto – a victory attributed to the praying of the rosary.

The development of the rosary has a long history. First a practice developed, of praying 150 Our Fathers in imitation of the 150 Psalms.

Then there was a parallel practice, of praying 150 Hail Marys. Soon, a mystery of Jesus' life was attached to each Hail Mary. In the 16th century the rosary was developed to its present form with the 15 mysteries (joyful, sorrowful and glorious).

In 2002, Pope John Paul II added the Mysteries of Light to this devotion.



MEMORY VERSE

God cares

Mathew (Mt.) 6:8

*Your Father knows what you need,
before you ask Him.*



Did you know that the Holy Bible was written...

- ... over a 1500 year span, over 40 generations
- ... in different places (wilderness, dungeon, palace, etc.)
- ... at different times (war, peace, etc.)
- ... in different moods (heights of joy, depths of despair, etc.)
- ... on three continents (Asia, Africa & Europe).
- ... in three languages (Hebrew, Aramaic & Greek).
- ... AND had over 40 authors from every walk of life (i.e. kings, peasants, philosophers, fishermen, poets, statesmen, scholars, etc).

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QUIZ

Unscramble the Scrambles

Mary's "Magnificat"

Before Jesus was born, an angel came to a young woman named Mary, and said, "Behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name Jesus. He shall be great, and shall be called the Son of the Highest:...and of his kingdom there shall be no end" (Luke 1:30-33, KJV). Then Mary told her cousin, Elizabeth, how happy she was. Her song is called the "Magnificat."

Unscramble the underlined words below to see what Mary said. You may want to look up the verses in Luke 1:46-55 (KJV).

Verse 46 And Mary said, My soul doth Y A I M F N G _____ the Lord,

Verse 47 And my T I S R P I _____ hath rejoiced in God
my R A I S V U O _____.

Verse 48 For he hath regarded the low T S A E E T _____ of his handmaiden:
for, E H B L O D _____, from henceforth all generations
shall call me D E S B E L S _____.

Verse 49 For he that is T I M H Y G _____ hath done to me
T R A E G _____ things; and holy is his name.

Verse 50 And his C M R Y E _____ is on them that E R F A _____
him from generation to generation.

Verse 51 He hath shewed R N T E H S T G _____ with his arm;
he hath scattered the R U P O D _____ in the imagination of
their S E R H A T _____.

Verse 52 He hath put O N W D _____ the mighty from their
T E S S A _____, and exalted them of low degree.

Verse 53 He hath filled the G N H R U Y _____ with good things; and the rich
he hath sent Y T E P M _____ away.

Verse 54 He hath holpen his servant S A I E R L _____, in remembrance
of his C M R E Y _____;

Verse 55 As he spake to our S E T F H A R _____, to Abraham,
and to his D E S E _____ for ever.

Winners of last month's
Quiz:
Salome D'Gama
Gillian Texeira
Giselle Gonsalves

UNITED IN CHRIST

Nigel Moniz	to	Priyanca D'Souza
Hector Fernandes	to	Deepika Gabriel
Ritwick Chatterjee	to	Rachael Fernandes
John Moraes	to	Jennifer Rodrigues
Johny Pereira	to	Eleanor Pereira
Elton Almeida	to	Preeti Lopes
Dinesh Athaide	to	Tripti Kan
Ajay D'Costa	to	Natasha Lobo
Kean Amaral	to	Monisha Pereira
Ankur Kulkarni	to	Mohini Aranha
Manish Rane	to	Noviann Pereira
Warren Pereira	to	Ratika Narag
Craig Michael	to	Adele Noronha
Brian Tellis	to	Beulah Edwin
Kevin Fernandes	to	Sharon Ann D'Mello
Agnelo D'Souza	to	Liselle D'Souza
Sheldon Pinto	to	Viveca Braganza
Wendel Fonseca	to	Natasha D'Silva
Martin Williams	to	Vanessa D'Souza

BORN IN CHRIST

Joel Dominic	s/o	Jeffrey & Charmaine Kinny
Raymond	s/o	Agnelo & Clare Fernandes
Sharlene	d/o	Sylvester & Christina Rane
Priya	d/o	Arvind & Shirley Kathekar

MILESTONES

REST IN CHRIST

Ophelia Gonsalves	45 years	Kandar Pada, Dahisar
Olive D'Souza	90 years	Andheri (West)
Letecia Concessio	81 years	Waroda Road, Bandra
Milagres Fernandes	90 years	Babanagar, Bandra



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