

Family Page

Background Reflection

We have heard it proclaimed many times: We are the Body of Christ! We've sung it, we've read it, and we've learned it in our own faith formation. Is it just an empty phrase? Hopefully not. The Scripture passage for this lesson opens up its full meaning.

Saint Paul first describes our own human body as a harmonious whole with many parts. Then he compares that wonderful body to the harmonious whole that is Christ's Body, the Church. Each baptized person, great or small, belongs to the Body of Christ. As members of Christ's Body, we are to use our God-given gifts to live our lives as followers of Christ, doing the work Christ calls us to do.

Many people today seem to suffer from a lack of belonging, for many reasons. How different Saint Paul's vision of the Church is! In the Church, we all belong—from the newest baptized baby to Pope Francis in Rome. In the Body of Christ, we belong, we are loved, we are needed.

Family Activities

- Visit your parish church together as a family. Visit the baptismal font, notice the stained-glass windows, and comment on other parts of the Church building that your child expresses an interest in.
- Watch the video "One Body Many Parts" (YouTube, 1:57) together. Enlist the help of your entire family to plan and act out actions similar to those in the video. Discuss ways the video reminds you of the Body of Christ.
- Read together the Featured Story on page 1808 in *The Catholic Children's Bible*. (1 Corinthians: 12:14–18, 27). Invite your child to tell you what he or she remembers about the meaning of this Scripture passage.

People of Faith

Saint Joseph (first century)

Saint Joseph worked hard to take care of Mary and Jesus. He loved and protected them. Joseph is the patron saint of the Universal Church. He protects the Church just as he protected Mary and Jesus. The feast of Saint Joseph, Husband of Mary, is March 19.

Prayer

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Dear God, you have made us all a part of the Church. Bless our family as we try to help one another and the people we meet. We are all one Body in Christ. Amen.

