

St. Norbert Catholic Church

# OCTOBER

*Prayer. Pumpkins. Pigskin.*

To everything there is a season, and a time for every purpose under heaven. - Ecclesiastes 3:1



## Teaching:

This month, the trees begin to drop their leaves. When leaves are no longer connected to their life source, they wither and die. Jesus is our life source - when we disconnect from Him we wither as well. Bring some fall leaves inside and share this message around your table.

**Family Adventure:** In October, the world is a beautiful painting full of vibrant colors! Pack up some paper, paints, brushes, and markers and head outside. Take a nature hike and stop along the way to not just "take a picture" but to paint a picture of what you see. Sign and display your October masterpieces in your home.

## Faith + Family Tips:

+ Spread some kindness this fall! Let your children use small post-it notes to write positive messages on the Halloween candy for your trick or treaters. Messages such as - You are Boo-tiful, Be Kind Not Scary, You are Ahh-mazing, etc.

+ Add a prayer reflection to your pumpkin carving. Each pumpkin is a little bit different - just like we are. What makes you special? We are all filled with a bit of "gunky" stuff. What are a few things you need to work on getting rid of? God carves us perfectly for the plan He has for us. How is God using you right now? God puts a light in us so we can reflect His love to everyone we meet. How can others see God in you?

+ October is the month of the Rosary. Praying one decade, or the entire prayer together is a wonderful family practice. You could add some "sweetness" by making a little mix - chocolate chips for each Hail Mary, marshmallows for each Our Father, and graham cracker pieces for the Glory Be. I think Mary would love us to spend s'more time together.

## Prayer:

God,  
As families we continue to be busier than ever. It seems like there is an endless list of things to do. As the evenings begin to cool off this month, call to us as parents to sit a little closer, listen a little harder, and laugh a little longer beside those we love most. Amen.

## Recipe:

### Flavored Pumpkin Seeds

Boil pumpkin goop in salted water to separate seeds from the membrane. Preheat oven to 350 degrees. Then, heat 2 tbsp. butter in the microwave until melted. Toss 2 cups of pumpkin seeds in melted butter to coat them, then toss with desired flavor.

Spread the seeds out on a baking sheet and roast for 25-27 minutes, or until lightly golden.

#### Flavors:

+ Cinnamon Sugar:  
1 tsp. cinnamon and 2 tbsp. sugar

+ Ranch: 1 ½ Tbsp. ranch seasoning mix

+ Pumpkin Pie:  
3 Tbsp. brown sugar and 1 ½ tsp. of pumpkin pie spice

FAITH + FAMILY  
*collective*