

In 2005, The National Study of Youth and Religion (NSYR) opened parents' eyes to the state in which teenager's faith are in. Of the 816 Catholic participants in the study, (the NSYR interviewed 3,370 13-17 year olds from around the country), we were found to be among the lowest in religious vitality. Catholic teens like other teens are "incredibly inarticulate about their faith, their religious beliefs and practices, and its meaning or place in their lives, (Soul Searching, Christian Smith, pg. 131)." We are in need of a committed effort to stop this trend from continuing. Fortunately we have this information from the study: "The best social predictor, although not a guarantee, of what the religious and spiritual lives of youth will look like is what the religious and spiritual lives of their parents do look like, (Smith, pg. 241)." Yes, you parents are our hope in making sure our faith continues with our youth. So this summer make Our Catholic Faith the theme.

These are the Top Ten things you can do with your kids to pass our Catholic faith on to them.

1. Pray together- Prepare for Mass together, using the *Sharing Faith In Families* page put together by the archdiocese Office of Youth and Young Adult Ministry at www.stmaryhydepark.org/smym/docs. You can even pray before getting in the car on vacation, or use the book *Catholic Household Blessings & Prayers*. We have some for sale in the Seton Center.
2. Do some community service together. Get in contact with the junior high community service group, find out about Christian Outreach Commission events, sign up to do Tender Mercies, (email Keith @ kpfaller@smsph.com if you are interested), help out at MEAC, (www.meaconline.org), contact our neighbors at Pregnancy Center East, (www.pregnancycentereast.com), or find out what your favorite charity is by helping out at a number of places.
3. Go on a mission trip together. What better way to share the faith than to spend a couple days working with your kids? This summer we are going to Morehead, KY, leaving July 30 in the evening and coming back Sunday August 2 in the afternoon. Check out www.stmaryhydepark.org/smym for more info and permission slips.
4. Read books. Check out the resources list put together by the archdiocese Office of Youth and Young Adult Ministry at www.stmaryhydepark.org/smym/docs.
5. Have a family game night. Dust off the scrabble board and maybe play some charades as well. Make the time to spend time with your family.
6. Get together with other parents for support and to share ideas. Contact Keith about a group that is trying to get started.
7. Make up your own list with your kids of things to do. Keep it on the fridge door so if your kid says they are bored it can be an answer to their boredom.
8. Do a parent/teen survey to start the discussion. You can get it on my website: www.stmaryhydepark.org/smym/docs.
9. Get involved with parish activities together. You can get familiar with the website www.stmaryhydepark.org which has a list of parish groups and events coming up.
10. Use the web as a resource. Just start googling or check out these:
 - ✦ Podcasts: life teen has some podcasts that review movies with a Catholic twist and there is also a Sunday readings reflection as well Check it out: www.lifeteen.com
 - ✦ Videos like *That Catholic Show* at www.ThatCatholicShow.com or find them on www.youtube.com.
 - ✦ www.sqpn.com is Catholic new media, a virtual hub of blogs, podcasts and discussions centered on Catholicism.

This list isn't a complete list but just 10 ideas that could start you and your kids sharing and growing in the faith. If I can do anything to help further, get in touch with me Keith Pfaller, 321-1207 ext 5525, kpfaller@smsph.com, or www.saintmaryhydepark.org/smym