

BEC Reflection

CELEBRATING, LISTENING AND WALKING AS PILGRMS OF HOPE

MONTHLY FOCUS & RATIONALE

Family

Called to Accompany Families Facing Challenges

A family is a domestic church that expresses itself towards others, the dynamism of the presence of Christ. The character of synodality is first lived out in the family.



Image: www.youtube.com/watch?v=M_Q0by_JIEA

CLOSING PRAYER

Lord Jesus, you have given us a family to share our love and teach us to be accountable for them. Renew our hope in times of discouragement, understand the struggles of our hearts. Keep our hearts in your love and peace. We ask this through Christ our Lord, Amen.



CLOSING HYMN

God is Love

Love it was that made us
And it was love that saved us
Love was God's plan, when He made man
Whose divine nature is Love.

Born of God's love we must love Him
That's why He made us to love Him.
But only when we love all men
Can we partake of God's love.
But only when we love all men
Can we partake of God's love.

Love is a wonderful thing
Joy in our hearts it will bring,
Where there's true love there is God,
And where there's God there is Love.

Christ said: Love must be a sign
By which men will know you are mine,
A new commandment I give,
Each other love as I did.

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INTERNAL CIRCULATION ONLY

OPENING PRAYER

Father, we thank you for the gift of parenthood that helps us see each challenge to train our children towards you. Give us a new attitude to be humble and gentle, being patient and loving. Remove the image we have for our children and help us see them as whom, You designed them to be. We ask this through Christ our Lord, Amen.

OPENING HYMN

The Family Prayer Song

(As for Me and My House)

Come and fill our homes
With Your presence
You alone are worthy of our
reverence

**Chorus: As for me and my house
We will serve the Lord
As for me and my house
We will serve the Lord
As for me and my house
We will serve the Lord
We will serve the Lord**

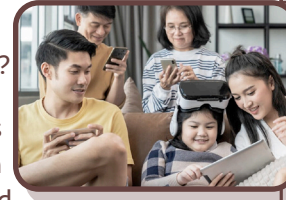
Lord, we vow to live holy
Bowing our knees to You only (C)

Staying together; Praying together
Any storm we can weather
Trusting in God's Word
We need each other
Fathers and mothers
Sisters and brothers
In harmony and love (C)

<https://youtu.be/1wz61tIXIAM?si=rd8NrHWS4YHnKvH&t=1>

DIALOGUE

Interview between Fr. Mitchel Joseph (Fr MJ)
and Rita Krishnan (RK)



RK: What are the challenges faced by Catholic families today, Fr?

Fr. MJ: Today, technology and social culture present numerous problems in families. They are separated and disconnected with one another despite living under one roof. Gadgets have replaced the conversations and interactions that promoted deep relationships. On the other hand, I believe, technology can offer opportunities for families to stay connected and continue to grow in faith. Families can strengthen bonds by reading the Bible, praying the rosary, and conversing with each other using technology.

RK: Fr, would you agree that the digital culture has transformed the lives of families?

Fr. MJ: Parents must recognize the dangers of exposing their children to inappropriate content and information. Begin conversations about positive use of technology and create the awareness of the risks associated to social media. They must establish healthy boundaries by setting clear limits for use of devices with screen free-time especially during meals or before bedtime, emphasizing the importance of quality family time that encourages communication.

RK: Fr, what is your advice to parents in protecting their children from the dangers of technology?

Fr. MJ: There are many digital tools tailored to Catholic perspective, rooted in Christ's love and the tradition of the Church. They range from prayer apps to Catholic educational content as practical tools. Parents must guide their children to select the right resources, helping them discern and reflect on the dangers of technology.

Finally, parents are the first faith educators of their children, and their exemplary life is the most influential factor in their children's spiritual formation. Children learn from what they see, and if parents live their faith consistently by attending Mass and praying regularly, keeping their gadgets away and not be slaves to them, then half the battle is won.

Share your thoughts with your BEC members.

- Discuss what are the challenges families face today?
- Lists ways for families to grow in faith and understanding of one another.
- Share the importance of parent being role models to their children.

DISCERNMENT

Colossians 3: 12, 14 Source: The New Jerusalem Bible

"Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience. And above all these put on love, which binds everything together in perfect harmony."

PERSONAL REFLECTION:

- Read the text and ask the Holy Spirit for wisdom.
- Is there any word or sentence that has touched you?
- Share what the Holy Spirit has inspired you to say.

SHARE:

- SHARE in small groups (3-4 persons) the word or phrase that touched you and what do you think the Lord is saying to you personally.

DEEDS:

- Visit the churches (chosen as Jubilee Pilgrimage centres) as a family on your 'Pilgrims of Hope' journey and remember to pray for each other for the growth of your family.