

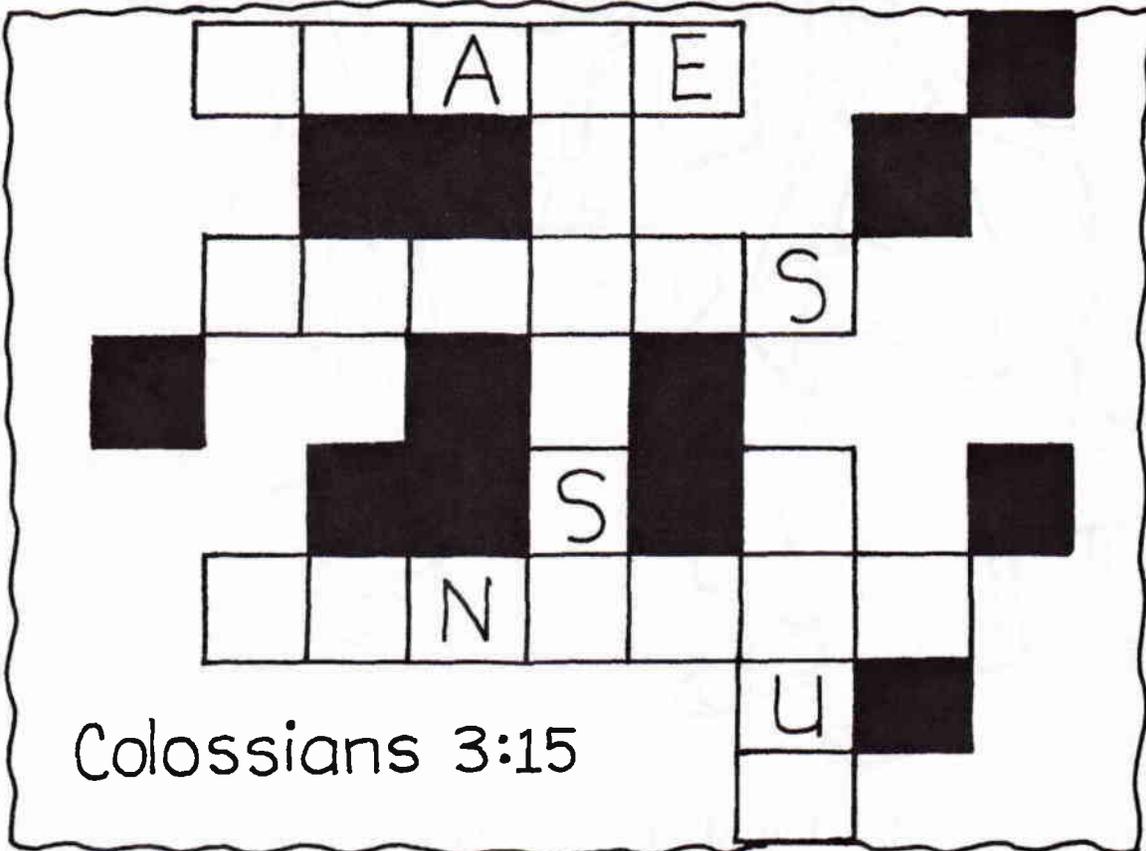
**December 30, 2018**

**The Holy Family of Jesus, Mary, and Joseph**

Below is part of a letter that Paul wrote to the Colossian people. Remember this phrase when you are going through tough times. See how quickly you can fit the underlined words into this crossword.

Some letters have been put in to give you a little help.

“LET THE PEACE OF CHRIST  
CONTROL YOUR HEARTS”



Colossians 3:15



They found [Jesus] in the temple,  
listening... and asking... questions.  
Luke 2 : 46

# CATHOLIC CORNER

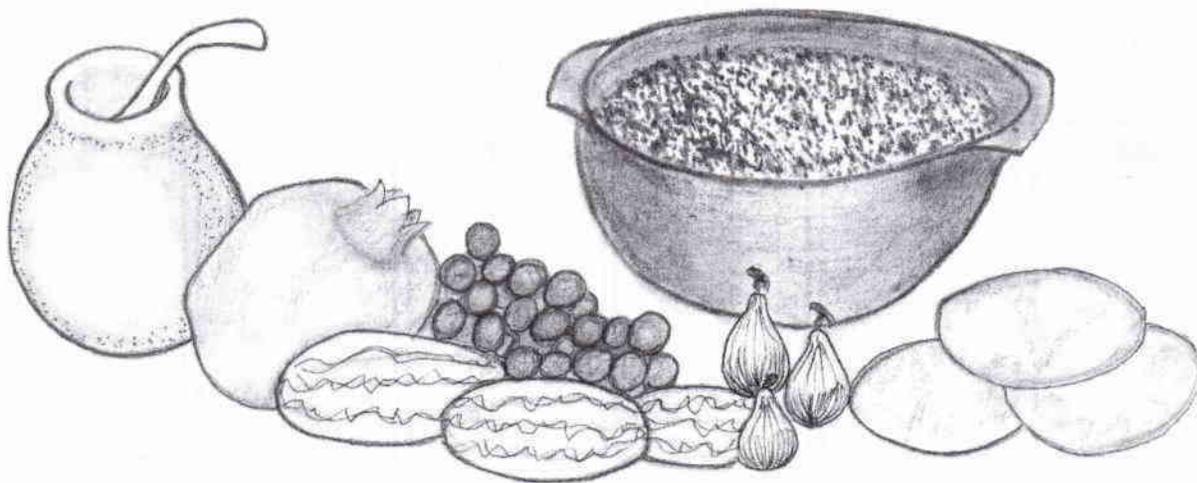
## FOR WHAT WE ARE ABOUT TO RECEIVE

Today we celebrate the Holy Family of Jesus, Mary, and Joseph. We look to this family as a model for our own family to grow in holiness. Like your family, the Holy Family worked together, played together, and prayed together. They cooked and cleaned and ate meals together. But their meals were probably very different.

Bread was their most common food, but it probably was made from barley rather than wheat. Barley grew quickly and cost less to buy. For breakfast Mary might have served cheese and olives with the bread. At lunchtime the family would have had bread again but this time with fruit and grain. Dinner was the most important meal and would have included vegetables cooked into a stew and served in a common dish. Jesus probably used bread to scoop up the food, or even ate with his fingers. Only the rich ate meat regularly because it was very expensive.

What about dessert? There was no ice cream in this hot desert region. The family might have enjoyed sweet figs or dates or pomegranates. Water was very scarce in the Middle East so people drank goat's milk or wine—even the children.

Although the food you eat today might be very different from what Jesus ate, one thing about the meal is probably the same. Before the Holy Family ate together they always took a moment to thank God for the food they were about to eat. Maybe your family does the same.



Ask your family to plan a special meal on this Holy Family Sunday  
or perhaps one day this week.

You might want to include some of the foods that Jesus shared with his family.  
Be sure to thank God for your food, your family, and your faith.

Joseph and Mary brought Jesus along  
to the Passover feast in Jerusalem.

But when they left for home, he wasn't with them!

So they went back to the city to find him. Do you know where he was?

Write the first letter of each picture to get the answer.

Then draw a big smile on Joseph and Mary's faces.

