Hearts Like His

A Family & Faith Connection from the Catholic Schools of the Diocese of Metuchen

Year of the Sacred Heart of Jesus • Forming Hearts Like Christ

Teach - Witness - Evangelize - Hope

OCTOBER | Saint Francis of Assisi — Kindness | Seeing Christ in All Creation and People

Family & Faith Connection

October brings cooler air, falling leaves, and a saint who saw the whole world as a gift from God. St. Francis of Assisi reminds us that Christ can be found not only in prayer, but in a sunset, a stranger, and the person sitting across the dinner table.

This month, slow down together and practice seeing Christ in all creation and in every person you meet — especially the ones easy to overlook.

Saint Spotlight

St. Francis of Assisi (1181–1226) gave up a life of wealth to live simply, care for the poor, and preach God's love to everyone he met — even, as legend tells it, to the birds and animals.

He saw every creature and every person as a reflection of God's goodness, calling the sun, the moon, and even death his "brother" and "sister." His feast day is October 4th.

For children: "St. Francis loved God so much that he saw God's love in every bird, flower, and friend."

Scripture Connection

"Blessed are the peacemakers"

— Matthew 5:9

Jesus tells us plainly that He is present in the people around us — especially those who are small, overlooked, or in need. St. Francis lived this truth by treating every person, rich or poor, as if he were caring for Christ Himself.

Ask: Who in our family's week might be "the least of these" that we could notice?

Living the Virtue: Kindness

This month's virtue is kindness — love made practical. Kindness notices a need before being asked and responds gently, without expecting anything back.

- Hold the door, carry the bag, offer your seat — without being asked.
- Speak kindly about people even when they're not in the room.
- Care gently for animals, plants, and the world God made.

Dinner Table Conversation

Set aside a few minutes this week — at dinner, in the car, or before bed — to talk together as a family:

- Where did you see something beautiful in creation today?
- Who was easy to overlook today, and how could you have noticed them?
- What is one hidden kindness someone did for you this week?
- If St. Francis walked through our house today, what would he notice?

Family Challenge

This month, do one hidden act of kindness — something no one will know you did:

- Leave an encouraging note for someone without signing it.
- Quietly do a chore that belongs to someone else.
- Pay for or give something to someone and tell no one.

At week's end, talk together about how it felt to give without being noticed.

Family Prayer

Lord, make us instruments of Your peace.
Where there is unkindness, let us bring love.
Where there is need, let us bring comfort.
Help us see Your face in all creation and in every person we meet.
Amen.

Sacred Heart Moment

Gather as a family for one quiet minute. Picture someone you saw today — a classmate, a neighbor, a stranger.

Silently ask Jesus to help you see His face in that person, and in the whole world He made.

Close by making the Sign of the Cross together.

Growing Hearts Like Christ — A Family Habit for October

This month's family habit, inspired by St. Francis:

"Do one hidden act of kindness."

"Sacred Heart of Jesus, make our hearts like Yours"