



The Kids' Catholic Virginian

“Let the little children come to me” – Matthew 19:14

Jesus is food to get us to heaven!

In the Bible, Jesus tells the people that He really will give Himself to them as food to eat. We receive Jesus every time we go to Holy Communion. One of the words we use for Holy Communion is Holy EUCHARIST,



which means thanksgiving. It tells us that the Mass is the best way of giving thanks to God. It also reminds us that we should be very thankful to Jesus for coming to us and giving Himself to us.

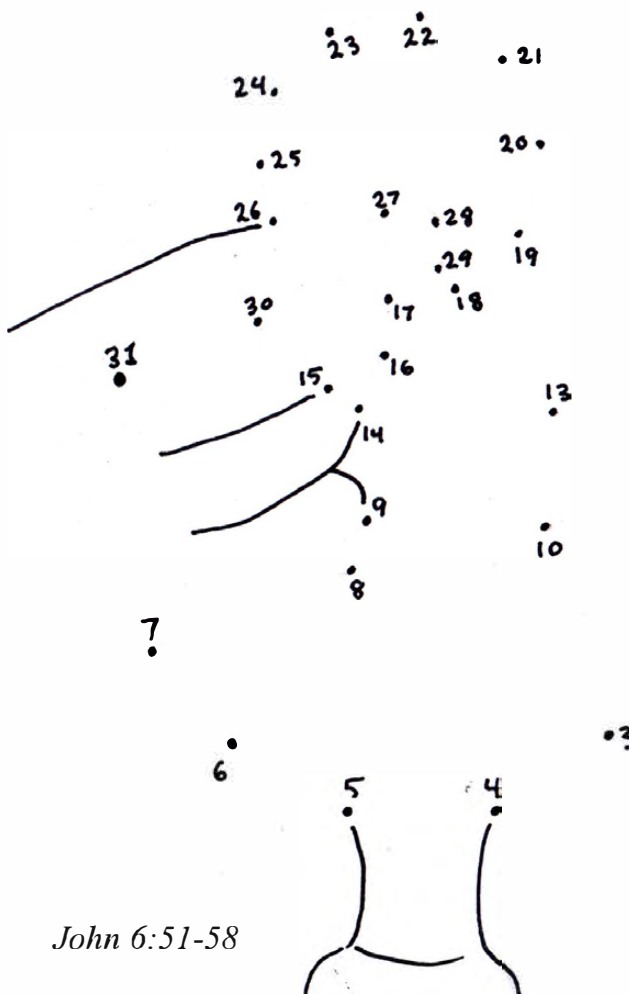


THANK YOU, JESUS, FOR COMING TO ME IN HOLY COMMUNION!

We should thank Jesus as soon as we have received Holy Communion. But don't stop being thankful as soon as Mass is over! Being a good Christian means being thankful and trying to please God all the time!



HOW CAN I SHOW JESUS I LOVE HIM TODAY?



Jesus is the Bread of Life

Jesus told the people that He is the Bread of Life and that He would give Himself to them as food. Connect the dots to see how He gives Himself to us today.



SAINT SUPERHERO

- Say It: tar-SISS-ee-us
- Feast Day: August 15
- Patron: Altar servers; first communicants

Saint Tarcisus • The boy who gave his life for the Bread of Life

Tarcisus was a 12-year-old boy who lived in Rome a long time ago. The Roman emperor did not believe in Jesus, so Christians were treated cruelly. They had to go to Mass in secret, and risked being killed.

One day, Tarcisus, an altar server, bravely volunteered to sneak the Blessed Sacrament to prisoners who were about to be killed. A bunch of boys wanted him to stop and play, but Tarcisus knew that he had to carry out his important mission.

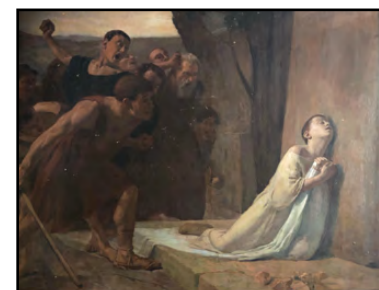
The boys realized that Tarcisus was a Christian and was holding something precious – and they wanted to see it. Tarcisus refused to

give up the Sacred Treasure, so the boys got mad and turned on him, hitting and kicking him.

Tarcisus held Jesus close to his heart and refused to let go, no matter how badly he was hurt!

The Blessed Sacrament made it to the prisoners, but 12-year-old Tarcisus died.

He teaches us that you're never too young to stand up for Jesus. St. Tarcisus is called a Eucharistic saint – he's a saint superhero who inspires all of us to believe in the Real Presence of Jesus in the Eucharist.



Saint Tarcisus shielding the Eucharist from the angry mob. (Wikimedia Commons)

Ask the Bishop



Q. What is your favorite food?
– Mrs. Whitley's 1st grade class, St. Mary Star of the Sea School, Hampton

A. Pasta! I have to be careful not to eat too much of it, so I can eat healthy, but I like any kind of pasta – as long as it's cooked “al dente” (which means the pasta is slightly undercooked and chewy, instead of being cooked soft and mushy). Also, in case you were wondering, I like all kinds of sauces with my pasta, but pesto is my favorite.

Q. What is your favorite drink?
– Mrs. Whitley's 1st grade class, St. Mary Star of the Sea School, Hampton

A. Most of the time – I know it's pretty plain – but I drink water. If I'm out to dinner, I'll have unsweetened iced tea. Very rarely, I might drink a soda. Once in a while, I'll have beer or wine with dinner, and sometimes an after-dinner drink.

Kids 12 and younger: make sure to check with your parent/guardian, then email Bishop Knestout YOUR question. AskTheBishop@catholicvirginian.org Include your full name, age, and home parish.