

MOM TO MOM GROUP

October 2014

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October Calm



The beginning of October leads us into a calm month where we can think about

the upcoming festivals and prepare our gift giving, while trying to secretly lower our expectations of what to receive and give in terms of material things.

Instead we might focus on what we can do and make for others during the busy Holidays. Maybe a lovingly prepared dinner for an elderly friend or babysitting vouchers for a mother with young children. Violin lessons for nieces and nephews or

an outing to a special performance.

We can also make our gifts lovingly by baking cookies, candies or create a beautiful keepsake of special moments spent together.

Enjoy this month of imagination and creation.

UPCOMING HOLIDAYS:

- Halloween (All Hallows Eve - 31 October)
- All Saints Day (Nov. 1)
- All Souls Day (Nov. 2)

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Halloween Traditions

Samhain, is a Celtic tradition that has been kept as a remembrance day of deceased relatives and friends and became later known as All Hallows Eve or Halloween.

A lot of customs that we practice to this day stem from ancient traditions passed on through the centuries and down through generations.

Great respect towards passed on family members was always of importance to ancient cultures, and for us as Christians respect and

remembrance of our deceased is just as important.

The practices of All Hallows Eve in our modern world have changed quite a bit, we look at it more from a point of merriment and frightfulness.

As Catholics we have a separate day for remembrance of our deceased placed on All Souls Day, but on Halloween we can still look back on those old traditions and enjoy dressing up and go trick or treating.



Natures Critters Craft

Supplies Needed:

- small teasel (Dipsacus)
- pointed nail scissors
- 3 black-headed dressmakers' pins
- glue

Take a small teasel and cut away the stem and the spiky bracts of it. With nail scissors clip away the prickles on one side of the teasel so as to make a flat surface, which will be the underside of the hedgehog.

Clip the prickles as short as possible around the snout area and try to make a heart shaped peak around the area where the eyes will be set.

Insert the pins firmly as snout and eyes. Experiment where you want to place the eyes as this can change

the expression of the hedgehog.

If you leave some of the spiky teasel bracts as whiskers and add a cotton string as a tail, it is easy to create a mouse as well. Very cute!

Other small creatures can be crafted with walnut halves and modeling clay. We made a cute tortoise, as well as little seedling beds out of the wanut halves.



Halloween Verses for Children:

In days gone by, children went from door to door to beg for soul cakes for their deceased and say a prayer. This is where trick-or-treating stems from.

When knocking at the door of neighbors they would say:

“A Soul Cake, a Soul Cake,
have mercy on all Christian souls for a
soul cake!”

or

Soul, soul, an apple or two,
If you haven't an apple, a pear will do,
One for Peter, two for Paul,
Three for the Man Who made us all.

Next Months Topic

Our topic for the month of November will be:
“Called to be Saints –
How can we model our
lives after these Holy
People” - speaker Courtney Eschbach

Please Note

- Moms Night Out Potluck and Recipe Exchange on the 16th of October will be held at 6:30pm at Maggie's house.
- Please bring a dish to share.
- October 24th at 7pm we are meeting at Barnes & Noble for craft night.

For more information contact the Cathedral Office or Maggie at Mom2Mom@kaska.net

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