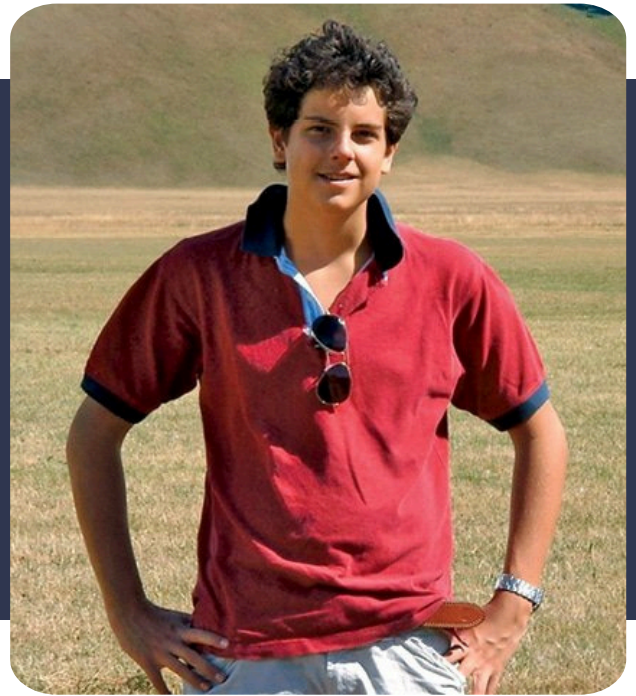


SHARING THE JOY OF THE GOSPEL

Bl. Carlos Acutis & Authenticity

This month, our saint is **Blessed Carlo Acutis**, a teenager who loved Christ and the Eucharist, and our virtue is **authenticity** which means being true to who we are and what we believe and having the courage to live out our beliefs.



IN DEPTH

Living authentically means being the person that God created you to be. Jesus calls each of us to be real and honest with ourselves and others. Living this way takes courage!

Blessed Carlo Acutis lived his Catholic faith in a real and honest way. He loved the Eucharist and wanted everyone to love Jesus too. At 14 years old, Bl. Carlo created a website that shared Eucharistic miracles worldwide—the website still exists today! By being true to himself and God's purpose for him, Carlo showed that authenticity isn't about popularity but about a willingness to live for God's will.

Like Bl. Carlo, living authentically means aligning our daily actions with God's plan, even when it's hard or unpopular. By living in trust and faith in God's will, we find true fulfillment, peace, and joy in what God wants for us.

OTHER RESOURCES

- Saints Alive Podcast: [Bl. Carlo Acutis + Activity](#) (Ages 8+)
- Photo of Bl. Carlo Acutis ([Wikicommons](#))
- Biography of Bl. Carlo Acutis ([Franciscan Media](#))
- More photos and info about Bl. Carlo Acutis ([Carlo Acutis Foundation](#))
- Website Bl. Carlo created to document [Eucharistic Miracles](#)

GROWING AS A FAMILY

Be Honest With Each Other

- Action: Encourage open communication, where everyone feels safe sharing thoughts and feelings without fear of judgment, even if someone is wrong.
- Strategy: Apologize and forgive when mistakes happen, modeling humility and love.

Visit Sacred Places

- Action: Plan visits to local churches, shrines, or historical sites significant to your faith.
- Strategy: Use these visits as opportunities for reflection and discussion about the meaning of these places in your spiritual journey. Possible places: Shrine of St. Martin of Tours, Abbey of Gethsemane, St. Meinrad

Support Each Other's Gifts & Talents

- Action: Encourage family members to develop their unique talents, seeing them as part of God's purpose for each person.
- Strategy: Celebrate successes without jealousy and offer encouragement during challenges.

Live with Integrity at Home and in Public

- Action: Make sure actions align with the values you teach—be the same loving and faithful family in private as you are in public.
- Strategy: Avoid pretending to be perfect; show that it's okay to struggle while striving to grow in faith and character.

Live the Faith Together

- Action: Pray together regularly, whether through meal blessings, bedtime prayers, or family Rosaries, to keep God at the center of family life. Incorporate regular Scripture reading into family time to deepen your faith.
- Strategy: Be open with God in prayer, bringing joys and struggles to Him as a family and praying for one another's intentions. Choose a specific day each week for family Bible study, discussing how the readings relate to your lives and experiences.