

Parent/Guardian/Catechist

October Week 2

Theme: Saints & Holiness

Audience: Children (First Holy Communion Prep, Ages 7+)

Focus: St. Carlo Acutis — a modern teenager who loved the Eucharist, used his computer for God, and shows us that holiness is possible today.

Weekly Goal

The child learns that holiness is not just for people long ago, but for young people today. St. Carlo Acutis (1991–2006, canonised 2023) shows how ordinary life — computers, school, games — can be lived for Jesus.

What You' ll Need

This sheet

Bible

A picture of St. Carlo (if possible)

Paper and crayons

Opening Prayer (Daily)

Dear Jesus,
 Thank You for St. Carlo Acutis,
 who shows us how to love You in the Eucharist
 and to use our gifts for good.
 Help me to follow You like he did,
 and to become a saint. Amen.

Day 1 – Carlo Loved the Eucharist

Say aloud:

St. Carlo called the Eucharist his “highway to heaven.” He went to Mass every day and said that when we receive Jesus, we become closer to Him.

John 6:51 – “I am the living bread that came down from heaven.”

Mini Homily Reflection:

The Eucharist isn't just a symbol. Carlo believed it was truly Jesus, and that made him live differently.

Ask:

How do you feel after receiving Holy Communion?

Could you make a habit of praying to Jesus after Communion like Carlo did?

Activity:

Draw a chalice and host. Inside, write: *"My highway to heaven."*

Day 2 – Carlo Used His Gifts for God

Say aloud:

Carlo loved computers and video games. But he also built a website to share Eucharistic miracles so people could believe in Jesus.

1 Corinthians 10:31 – "Whatever you do, do it all for the glory of God."

Mini Homily Reflection:

God gives us talents — drawing, sports, tech, music — to use for His glory.

Ask:

What gift or hobby do you have?

How could you use it for God?

Activity:

Make a list of your hobbies. Circle one and think: "How could I offer this to Jesus?"

Day 3 – Carlo Was Kind to Others

Say aloud:

Carlo was known for helping classmates who were left out or bullied. He gave food and blankets to the poor in Milan.

Matthew 25:40 – "Whatever you did for one of the least of these, you did for Me."

Mini Homily Reflection:

Holiness is not just prayer but love in action.

Ask:

Who in your school or family needs kindness this week?

How could you help them like Carlo did?

Day 4 - Carlo Trusted God in Sickness

Say aloud:

At 15, Carlo became very sick with leukaemia. He offered his suffering to God for the Church and the Pope, saying: *"I'm happy to die, because I lived my life without wasting a minute on things that don't please God."*

Romans 8:18 – "The sufferings of this present time are not worth comparing with the glory that is to be revealed."

Mini Homily Reflection:

Carlo teaches us that even suffering can be holy when we offer it to Jesus.

Ask:

When you are sick or sad, do you ever pray to Jesus?

Could you say, "Jesus, I offer this to You"?

Day 5 - Carlo Shows Us Holiness Is Possible Today

Say aloud:

Carlo wore trainers, used the internet, and lived like any teenager. But he loved Jesus with all his heart. That's why the Church calls him a saint.

Matthew 5:8 – "Blessed are the pure in heart, for they shall see God."

Mini Homily Reflection:

Holiness is possible today — in our own homes, schools, and parishes.

Ask:

What part of Carlo's life inspires you most?

What step will you take this week to follow his example?

Weekend Wrap-Up - Learning from Carlo

Carlo loved the Eucharist.

He used his gifts for God.

He showed kindness and charity.

He trusted God in suffering.

He proves holiness is possible today.

Reflection prompts:

How can I follow Carlo's example this week?

Do I believe I can become a saint too?

Prayer Prompt or Journal Space

"Dear Jesus, I want to follow You like St. Carlo by..."

Encourage drawing for younger children.

Apologetics for Parents

Q: Can children really be saints?

→ Yes. Carlo Acutis died at 15 and is a canonised saint. Holiness is not about age but about love for Jesus.

Q: Why is Carlo called the "Patron of the Internet"?

→ Because he used the internet for evangelisation. His example shows Catholicism embraces modern gifts when used rightly.

Q: Isn't sainthood unrealistic today?

→ No. Saints in every age — including ours — prove holiness is always possible with God's grace.

Catechism Extension (for parents / older children)

CCC 946–962 – Communion of Saints.

CCC 2013 – All are called to holiness.

CCC 1324 – Eucharist is the source and summit of the Christian life.