



ST. GERTRUDE
CHURCH

The Fridge Sheet: Connect for Five

Jesus is the New Moses who is in the heart of the Father (cf. Jn. 1:18) and who sees God, face to face (cf. Dt. 34:10 and Jn. 1:18). We live in an age when really seeing the other person is difficult—in large part because we live fast-paced lives and ones that are usually quite distracted by technology. This month, we challenge parents and children to "connect for five" each day. This may seem like small potatoes, but try it out. Put the phone down and look each other in the eye. Talk about the day. Try to maintain eye contact! It takes practice, but it's so worth it. Five minutes of undistracted time, looking each other in the eye—face to face.