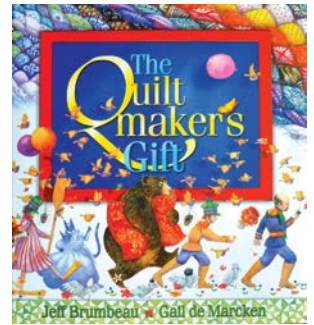


TRY THIS AT HOME!

A THEOLOGY OF THE BODY LESSON FOR THE HOME



1. Read *The Quiltmaker's Gift* by Jeff Brumbeau.
2. Ask your child questions about the story to focus on the theme of conscience:
 - How does the king react when he learns the quiltmaker has never given him a gift? What emotions does he experience? How does he treat the quiltmaker?
 - When the quiltmaker suggests the king make presents of everything he owns how does he respond? Should the king have responded that way?
 - How would you describe the king during the time he tries to get what he wants from the people of the kingdom? Is he happy? Is he peaceful? Is he calm? Is he kind? Generous? Reasonable?
3. At the end of the story, choose one of the following activities:



Discuss ways everyone in the house can give life to other members of the household. For example, giving compliments, doing small favors, helping with cleaning, playing together, etc. Make a plan to do something selfless in the next few hours.

If more time allows you could visit an elderly neighbor or give items to the poor. Imitate the king's great joy by dancing together—try “The Russian Dance” from Tchaikovsky's *Nutcracker Suite*!

Set aside some quiet time to reflect on the choices of the day. Consider ways that conscience can continue to be formed in positive ways. Make a plan to go to confession as a family.

4. Pray the Lord's Prayer with your child.

HOW DOES THIS STORY TEACH THEOLOGY OF THE BODY?



The quiltmaker's great care and concern for the poor and needy shows us the dignity of the human person. The king's growing happiness as he makes gifts of all of his treasures demonstrates that we are made to give ourselves away in love. We even see the king's conscience at work when he worries about his treatment of the woman and when he is challenged to give away all of his things. John Paul II states that man is called by Christ to “judge the various movements of his own heart” and that this is a task that “is truly worthy of man” (TOB 48:4). As we further our efforts to form our conscience, we know that this also happens in a bodily way—by doing good we learn to be good.