

# February

## Family Catechesis

### MONTH OF THE HOLY FAMILY

February 2024

## February

### Eucharistic Adoration

- 4-St. Lawrence 9:00 am
- 7-Holy Cross 6:30 pm [CYM]
- 7- *Confirmation Check-In*
- 4/7-*First Eucharist Parent Meeting*
- 14- Ash Wednesday +

## March

### Lent

- 3- St. Lawrence 9:00 am
- 6- St. Joseph Stringtown 6:30pm [CYM]
- 3/6- *Confirmation Check-In*
- 3/6- *First Eucharist Check-In*
- 24- Palm Sunday
- 24-30 Holy Week/Triduum
- 31- **Easter Sunday**

Share the LOVE of Jesus this Valentine's Day!



## Live LENT

*Live Your Catholic Faith*

Say out loud everyday

No one will **Rise from the dead** who has not *First Died with Jesus!*

Ask yourself this daily

What do I need to have **die** within me? so that I will **rise** with Jesus!

# Catholic Faith Focus

## + LENT +

### What is Prayer- Fasting- Almsgiving

Here are some suggestions  
for your Families Lenten journey!

**Prayer-** yes, adding -scheduling - prayer time to your life in Lent will (should) become a pattern of living [in Lent and out of Lent]- ultimate goal...

**Pray:** every morning and night, read the readings, read your Bible, say a daily or weekly rosary (*gather the kids-family/friends*), pray the stations of the cross each Friday, choose someone to pray for every day, create a home altar [*statue of Mary, St. Joseph, other saints, Crucifix, Candle, Bible, Rosary...*], go to adoration, pray the divine mercy chaplet, join a Women's or Men's Group, learn a new prayer, read the Lives of a Saint, go to confession, pray with your children and spouse at bedtime, and read a Spiritual book or Meditation

**Fasting-** no, you don't have to GIVE it up forever [*although you could*] but it is a small sacrifice so that one can share in the sufferings of Jesus...

**Food:** candy, gum, soda pop, sugary cereal, breakfast bars, donuts, chocolate, after dinner snacks, in-between meal snacks, ice cream, desserts

**Technology:** limit screen time by certain hours or days of the week, give up a favorite show, delete your favorite apps (games, shopping...) from your phone for Lent, limit yourself or avoid all social media, (Facebook, Instagram, Twitter, Snapchat...) video games, online shopping

**Bad Habits:** [*these you should GIVE up forever*] leaving the lights on, biting fingernails, using bad words, gossiping, interrupting, rolling eyes, whining, judging others, complaining, holding grudges, bickering with siblings/family/others, poor posture.



**Almsgiving-** yes, helping others through the gifts of time, talent, and treasure is sacrificial love ...

**Time:** listen to someone when they talk, assist in tasks at home or work, visit family or friends, speak kindly to everyone you met, share a smile, participate in events within the parish, school, community, donate the *extra* items in your home instead of storing, simplify

**Talent:** use the gift of your talent to teach -inspire- bless someone else [musical abilities, knit, sew, cook, bake, sing, dance, wood working, mechanics, comedian...] share with others

**Treasure:** Whatever your “fasting” from take the money typically spent and donate it, do a random act of kindness everyday- pay for a meal, someone’s fuel, write a letter and include a gift card, fund a kids small business project, journey Lent decreasing and GIVE to others the increase!

When the gifts we offer are done in **LOVE** and out of **LOVE** they bear Spiritual Fruit!

When they are for self, title, position, and image they destroy.

Journey this Lent seriously... and the joy that will arise come Easter morning and all the morning afterwards will be of God -for God- and with God!

**Seek Love!**

Journey onward ye sojourners.....

**Lent awaits...**

# Catholic Faith Focus-The Holy Family



**The Holy Family is an earthly reflection of the Holy Trinity.**

By meditating on the Holy Family,  
we can learn the meaning of love, obedience,  
and true fatherhood and motherhood.

We are also reminded that the family is the  
foundational unit of both society and the Church.

*“If you want to bring happiness to the whole world, go home and love your family.”*

St. Teresa of Calcutta

**ACT of LOVE**

**Valentine Cards for Breakfast Ministry**

**& LIVE LENT**

# Family Prayer

Lord, bless our family.  
All of us now together, those who are far away,  
all who are gone back to you.  
May we know joy!  
May we bear our sorrows in patience.  
Let LOVE guide our  
understanding of each other.  
Let us be grateful to each other.  
We have all made each other what we are.  
O Family of Jesus,  
watch over our family!

## Books [for parents] to read during LENT

Jesus and the Jewish Roots of Mary Brant Pitre

Divine Mercy in my Soul: The Diary of Faustina St. Maria Faustina Kowalska

Deep Prayer Deep Conversion Fr. Thomas Dubay

The Fourth Cup Dr. Scott Hahn

Jesus of Nazareth: From the Baptism in the Jordan to the Transfiguration Pope Benedict XVI

Meditations for Lent Jacques-Bénigne Bossuet

Go to Heaven by Venerable Archbishop Fulton Sheen

The Hidden Power of Kindness Father Lawrence Lovasik

Frequent Confession: Its Place in the Spiritual Life by Benedict Baur