



THANK GOD EVERY DAY

WHAT I'M THANKFUL FOR:

FEBRUARY

calendar
Liturgical Living

Ideas for Celebrating Feasts/Memorials in February.

2nd Presentation of the Lord/Candlemas- The Presentation of Jesus in the Temple, the Purification of Mary, which was required by the Mosaic Law, and the encounter of Jesus with Simeon and Anna all are celebrated on this day. Ask your parish priest to bless the candles that you will be using on your home altar/prayer table this year.

3rd St. Blaise - St. Blaise was a physician and Bishop of Sebaste, Armenia. He lived in a cave on Mount Argeus and was a healer of men and animals. He is venerated as a patron to protect us against diseases of the throat. Catholic churches often offer a blessing of the throats for this feast day.

5th St. Agatha - patron saint of rape victims, breast cancer patients, and wet nurses. She is also considered to be a powerful intercessor when people suffer from fires. Take this day to establish a fire escape plan for the family and to practice a family fire drill. Also check the smoke detectors, fire alarms, and carbon monoxide detectors to see if they are all working. Change the batteries on all the alarms! St. Agatha is one of seven women martyrs listed in the Roman Canon of the Mass: Saints Felicity, Perpetual, Agatha, Lucy, Agnes, Cecilia and Anastasia. Pay extra attention at Mass for her name this month!

8th St. Josephine Bakhita - During her 42 years with Canossians, Bakhita was employed as the cook, sacristan, and portress (doorkeeper) and was in frequent contact with the local community. Her gentleness, calming voice, and the ever-present smile became well known. A strong missionary drive animated her throughout her entire life - "her mind was always on God, and her heart in Africa." Stargaze, Donate to an Organization That Aids Victims of Human Trafficking, Find Freedom in Your Life.

10th St. Scholastica - St. Scholastica was the twin sister of St. Benedict. Inspired by Benedict's teaching, his sister devoted her whole life to seeking and serving God. She is the patron saint of Benedictine nuns, education, and convulsive children, and is invoked against storms and rain. Tell your children about the "holy twins": St. Scholastica and the tender love she had for her brother St. Benedict. Ask them how they can help one another to become saints.

11th Our Lady of Lourdes - Today marks the first apparition of the Blessed Virgin Mary in 1858 to fourteen-year-old Marie Bernade (St. Bernadette) Soubirous. Between February 11 and July 16, 1858, the Blessed Virgin appeared eighteen times, and showed herself to St. Bernadette in the hollow of the rock at Lourdes. Set flowers in front of your statue of Our Lady at your home altar, especially if you have a statue of Our Lady of Lourdes.

World Day of the Sick - Saint John Paul II established this day to raise awareness for people with illnesses and disabilities. Give extra care to the sick in your community—cook dinner for a sick mother's family, bring your children to the local nursing home (the elderly love to see children), send flowers to a member of your parish community who is ill.

14th St. Valentine - He is the patron saint of lovers, people with epilepsy, and beekeepers. Take some time today to reflect on the theme of love and thank God for the people you care about. Also take time to say prayers for your loved ones, asking for blessings and protection.

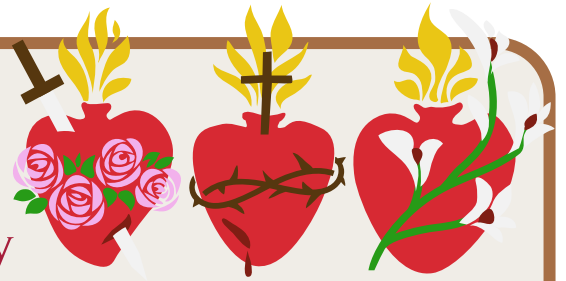
17th Presidents Day pray that God may direct the mind and heart of the president according to his will, that peace, prosperity, civic virtue, the right to life and the freedom of religion may increase throughout the land.

22nd The Chair of St. Peter- This feast brings to mind the mission of teacher and pastor conferred by Christ on Peter and continued in an unbroken line down to the present Pope. Say an extra prayer for the current pope today.



February

Devotion-The Holy Family



"...at the name of Jesus every knee should bend of those in heaven, on earth and under the earth."

Phil. 2:10

Daily Morning Prayer "Act of Love"

Oh Lord, I love you above all things, and I love my neighbor for your sake. Because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Say Grace before meals

Bedtime Prayer

(Examen - reflect on the day, the highs & lows,)

Act of Contrition

Lord Jesus, Son of God, have mercy on me, a sinner. Amen.

*optional daily devotions:

- Divine Mercy Chaplet at 3pm
- Rosary

Weekly Weekend Mass Obligation Family Rosary

Monthly

Confession:
Wed. 5-5:45pm
Sat. 8:40-10am*

First Friday
February 7th

First Saturday
February 1st
Mass @ 8:00am

XLT Adoration
February 5th
6-7pm

Celebrate a Feast Day
(*see next page)

Novena of the Month
Novena to Holy Family



ADDITIONAL RESOURCES

February Challenges:

- Read the Daily Readings at USSCCB, on Hallow, or Amen App.
- Prepare and make a plan for Lent: Check out FORMED.com "How to Lent" series starting Feb 12th.
- Consider a book study to carry you through the Lenten season. The Parish Office is offering Bishop Barren's Lenten Gospel Reflections, Wilderness Within, and the Little White Book. Contact julie.g@cathedraljc.org to reserve your copy and find a group.
- Focus on this Month's virtue of *Humility*. How can you live this virtue out in your daily life?
- Fill a bag of food and goods for the Families-in-Need Feb 11th delivery.
 - Canned Tuna, Dry Pasta, Canned Corn, Pudding Cups, Napkins



HAVE QUESTIONS?
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For Daily Readings and more:
www.ussccb.com

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https://watch.formed.org/catholic-all-year-with-kendra-tierney

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The Holy Family



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*Liturgical
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Saint Josephine Bakhita * February 8